



SCHEDULE EFFECTIVE MARCH 1st to MAY 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MIXED/FIGHTER'S CLASS 10:30AM ▶ 12:30PM AJAHN		MIXED/FIGHTER'S CLASS 10:30AM ▶ 12:30PM AJAHN				CLOSED
	MIXED LEVELS 12:30PM ▶ 2:30PM POO CHOI ROB		MIXED LEVELS 12:30PM ▶ 2:30PM POO CHOI ROB	MIXED LEVELS 12:30PM ▶ 2:30PM POO CHOI ROB	KIDS BEGINNER 11:00AM ▶ 12:00PM POO CHOI KRU JUSTIN	
MIXED LEVELS 6:30PM ▶ 8:30PM POO CHOI KRU MATT	BEGINNER 5:30PM ▶ 7:00PM KRU ADAM	FIGHTERS CLASS 6:00PM ▶ 8:00PM AJAHN	KIDS 6:00PM ▶ 7:30PM POO CHOI JUSTIN / KRU JUAN	MIXED / FIGHTER'S CLASS 6:00PM ▶ 8:00PM	KIDS ADVANCED 12:00PM ▶ 1:30PM KRU JUAN / KRU NOI	
	KIDS 6:00PM ▶ 7:30PM POO CHOI JUSTIN / KRU NOI	MIXED LEVELS 6:30PM ▶ 8:30PM POO CHOI DAMON	INTERMEDIATE/ ADVANCED ONLY 6:00PM ▶ 8:00PM AJAHN / KRU RUBEN		MIXED LEVELS 1:00PM ▶ 3:00PM AJAHN	
	INTERMEDIATE/ ADVANCED ONLY 7:30PM ▶ 9:30PM AJAHN / KRU RUBEN		BEGINNER 7:30PM ▶ 9:00PM KRU ADAM			

***INSTRUCTORS AVAILABILITY ARE SUBJECT TO CHANGE/ROTATION**

THAI TERMINOLOGY=TRANSLATION

**MEMBERSHIP
 RATES & PACKAGES***

	Adults	Kids
1 MONTH - NEW MEMBERS ONLY	\$120	N/A
3 MONTH PACKAGE	N/A	\$270
6 MONTH PACKAGE	\$650	\$510
1 YEAR PACKAGE	\$1100	N/A



SAWADEE KRAP (MEN) = HELLO/GOODBYE
 SAWADEE KHA (WOMEN) = HELLO/GOODBYE
 KHAP KHUN KRAP (MEN) = THANK YOU
 KHAP KHUN KHA (WOMEN) = THANK YOU
 AJAHN = MASTER
 KRU-YAI = CHIEF INSTRUCTOR
 KRU = INSTRUCTOR
 POOCHOI KRU = ASSISTANT INSTRUCTOR

*FOR MORE DETAILED INFORMATION, SEE THE FRONT DESK

**PRICES LISTED DO NOT INCLUDE TAX, PLEASE ADD HST WHEN CALCULATING FULL MEMBER SHIPS RATES