



ELITE FIGHT CLUB

WEEKLY SCHEDULE

★ BEGINNER FRIENDLY • NO EXPERIENCE REQUIRED ★

MONDAY

12:00 - 1:00 PM
Muay Thai Fundamentals
Beginner Friendly

5:00 - 5:45 PM
Junior Muay Thai
Ages 4-9

6:00 - 7:00 PM
Youth Muay Thai
Ages 10-14

7:15 - 8:30 PM
Muay Thai Fundamentals
Beginner Friendly

TUESDAY

6:00 - 7:00 PM
Fight Fit Fitness
All Levels

7:15 - 8:30 PM
Muay Thai Fundamentals
Beginner Friendly

7:30 - 8:30 PM
Boxing Fundamentals
Beginner Friendly

8:15 - 9:30 PM
Advanced Training
Sparring / Clinching

WEDNESDAY

12:00 - 1:00 PM
Muay Thai Fundamentals
Beginner Friendly

5:00 - 5:45 PM
Junior Muay Thai
Ages 4-9

6:00 - 7:00 PM
Youth Muay Thai
Ages 10-14

7:15 - 8:30 PM
Kickboxing Fundamentals
Beginner Friendly

THURSDAY

6:00 - 7:00 PM
Fight Fit Fitness
All Levels

7:15 - 8:30 PM
Muay Thai Fundamentals
Beginner Friendly

7:30 - 8:30 PM
Boxing Fundamentals
Beginner Friendly

8:15 - 9:30 PM
Advanced Training
Sparring / Clinching

FRIDAY

12:00 - 1:00 PM
Muay Thai Fundamentals
Beginner Friendly

5:00 - 5:45 PM
Junior Muay Thai
Ages 4-9

6:00 - 7:00 PM
Youth Muay Thai
Ages 10-14

7:00 - 7:30 PM
Kettlebell Fitness
All Levels

7:30 - 8:30 PM
Boxing Fundamentals
Beginner Friendly

SATURDAY

10:00 - 11:00 AM
Kids Muay Thai
All Levels

11:15 AM - 12:30 PM
Muay Thai Fundamentals
Beginner Friendly

12:30 - 2:00 PM
Advanced Training
Sparring / Clinching

SUNDAY



Personal Training
By Appointment

MUAY THAI • KICKBOXING • BOXING • FITNESS

WWW.ELITEFIGHTCLUB.CA