

## VisionQuest Muay Thai & Fitness Class Schedule

Time		Monday	Tuesday	Wednesday	Thursday
8:30am-Noon		Private Lessons	Private Lessons	Private Lessons	Private Lessons
5:30pm		Womens Quick Fit	Womens Quick Fit	Womens Quick Fit	Womens Quick Fit
5:30pm		Kids Muay Thai 6-10	Kids BJJ 6-15	Kids Muay Thai 11-15	Kids BJJ 6-15
6:30pm		Boxing	Muay Thai	Boxing	Muay Thai
6:30pm		Fight Camp Fitness	Fight Camp Fitness	Fight Camp Fitness	Fight Camp Fitness
7:30pm		Muay Thai	BJJ	Muay Thai	BJJ
7:30pm			Boxing		Boxing

- Muay Thai Basics 30min introductory class
- Please call 207-270-2004 for Private Lessons