

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

|                 |                                    |                                     |                                    |                                   |                      |                      |
|-----------------|------------------------------------|-------------------------------------|------------------------------------|-----------------------------------|----------------------|----------------------|
| <b>9'05 AM</b>  | <b>OPEN TRAINING 9'00-10'15 AM</b> |                                     | <b>OPEN TRAINING 9'00-10'15 AM</b> |                                   |                      | <b>OPEN GYM 9-10</b> |
| <b>10'05 AM</b> |                                    |                                     |                                    |                                   |                      |                      |
| <b>11'05 AM</b> | <b>De - 11'00 am</b>               |                                     | <b>De - 11'00 am</b>               |                                   | <b>De - 11'00 am</b> | <b>Wi - 10'30 am</b> |
| <b>12'05 PM</b> | <b>Mu</b>                          | <b>BOXING - NOON</b>                | <b>Mu</b>                          | <b>BOXING - NOON</b>              | <b>Mu</b>            |                      |
| <b>1'05 PM</b>  |                                    |                                     |                                    |                                   |                      |                      |
| <b>3'35 PM</b>  |                                    | <b>OPEN TRAINING 3'30-5'30 PM</b>   |                                    | <b>OPEN TRAINING 3'30-5'30 PM</b> |                      | <b>Ti - 4'45 pm</b>  |
| <b>5'35 PM</b>  | <b>Ti</b>                          | <b>Dr Wo</b>                        | <b>Ti</b>                          | <b>Dr Wo</b>                      | <b>Dr Wo</b>         |                      |
| <b>6'35 PM</b>  | <b>BOXING - 5'45</b>               |                                     | <b>BOXING - 5'45</b>               |                                   | <b>BOXING - 5'45</b> |                      |
|                 | <b>JKD</b>                         |                                     | <b>JKD</b>                         |                                   |                      |                      |
|                 |                                    | <b>Mu - 6'45 pm</b><br>Fundamentals |                                    | <b>Mu - 6'45 pm</b>               |                      | <b>Mu - 6'30 pm</b>  |
| <b>7'35 PM</b>  | <b>Wi</b>                          | <b>Wi - 7 pm</b>                    | <b>Wi</b>                          | <b>Wi - 7 pm</b>                  |                      |                      |
| <b>8'35 PM</b>  | <b>Wi</b> Advanced Level           |                                     | <b>Wi</b> Advanced Level           |                                   |                      |                      |

**2022**



**KEY GUIDE**

- Muay Thai**
- Wing Chun\***
- Women's Kickboxing**  
(by Khun Kru Sonya)
- Dragon Warriors**  
(ages 9-12 MMA)
- Boxing**
- JKD / Kali**
- Derobio Escrima**
- Tiger Warriors**  
(ages 5-8 Muay Thai)

**Raja Academy of Martial Arts**  
**Merovan Center, Suite B-8**  
**1200 Woodruff Road**  
**Greenville, South Carolina 29607**