

TRANSCENDENCE MARTIAL ARTS SCHEDULE (AS OF SEP 2018)

TIME / DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
0900H	CLOSED					MUAYTHAI (FUNDAMENTALS) 0900H to 1030H	AIKIDO (IMPACT) 1000H to 1230H
0930H							
1000H							
1030H	PERSONAL TRAINING	CLOSED	PERSONAL TRAINING	CLOSED	PERSONAL TRAINING	CLOSED	CLOSED
1100H							
1130H							
1200H							
1230H							
1300H							
1330H							
1400H							
1430H							
1500H							
1530H	REST	MUAYTHAI (ADVANCE) / FIGHT TRAINING 1530H to 1730H	REST	MUAYTHAI (ADVANCE) / FIGHT TRAINING 1530H to 1730H	REST	CLOSED	
1600H							
1630H							
1700H	REST	REST	REST	REST	REST	CLOSED	
1730H							
1800H	MUAYTHAI (FUNDAMENTALS) 1800H to 1930H	MUAYTHAI (FUNDAMENTALS) 1800H to 1930H	MUAYTHAI (INTERMEDIATE) 1800H to 1930H	MUAYTHAI (FUNDAMENTALS) 1800H to 1930H	MUAYTHAI (FUNDAMENTALS) 1800H to 1900H	MUAYTHAI (INTERMEDIATE) 1800H to 1930H	
1830H					MUAYTHAI (FUNDAMENTALS) 1900H to 2000H		
1900H	REST			MUAYTHAI (FUNDAMENTALS) 1900H to 2000H	REST	MUAYTHAI (FUNDAMENTALS) 1900H to 2000H	
1930H	MUAYTHAI (FUNDAMENTALS) 2000H to 2130H	MUAYTHAI (FUNDAMENTALS) 2000H to 2130H	MUAYTHAI (FUNDAMENTALS) 2000H to 2130H	SHINKYOKUSHIN KARATE 2000H to 2130H	MUAYTHAI (FUNDAMENTALS) 2000H to 2130H	CLOSED	
2000H							
2030H							
2100H	GOOD NIGHT					CLOSED	CLOSED
2130H							

LEGEND	
MUAYTHAI (FUNDAMENTALS)	From beginners to advance students, this class is for all to build and strengthen your foundation.
MUAYTHAI (INTERMEDIATE)	Time to explore the intricate details of the Art of MuayThai. Be ready to clinch and spar! (With at least 20 sessions prior)
MUAYTHAI (ADVANCE) / FIGHT TRAINING	The start of real mastery and application. A must have for all serious students and fighters alike. (With at least 40 sessions prior)
PERSONAL TRAINING	By appointment only.
AIKIDO	Fee for this Art is separate and to be paid directly to instructor.
KARATE	Shinkyokushin Karate is a full contact Karate that conditions and builds you from the inside out.