

# BRAZIL-021 HOUSTON

SCHOOL OF JIU-JITSU



## MUAY THAI/CARDIO KICKBOXING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO KICKBOXING 9:00-10:00 AM	CARDIO KICKBOXING 9:00-10:00 AM	CARDIO KICKBOXING 9:00-10:00 AM	CARDIO KICKBOXING 9:00-10:00 AM		
	ADULT MUAY THAI ALL LEVELS 11:00-12:00 PM		ADULT MUAY THAI ALL LEVELS 11:00-12:00 PM		ADULT MUAY THAI ALL LEVELS 10:00-11:00 AM
YOUTH MUAY THAI 5:00-5:45 PM		YOUTH MUAY THAI 5:00-5:45 PM			
ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM LIVESTREAMED		ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM LIVESTREAMED		ADULT MUAY THAI ALL LEVELS 6:15-7:15 PM LIVESTREAMED	

Classes listed with **LIVESTREAMED** means the class is in person and also streamed live

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