



MARTIAL MASTERS
ACADEMY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am	Boxing	Muay Thai	Boxing	Muay Thai	Boxing	Heavy Bag Conditioning
						Open Mat (10am-11:30am)
5:30pm-6:30pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
6:30pm-7:30pm	Muay Thai	Boxing	Muay Thai	Boxing	Sparring Class (Invitation Only)	
		Brazilian Jiu Jitsu		Brazilian Jiu Jitsu		
7:30pm-8:30pm	Advanced Muay Thai	Advanced Boxing	Advanced Muay Thai	Advanced Boxing		

ALL Classes are for Adults (18 yrs+)
Please contact Coach Kalani for his Youth Program, @lonewarriorproject

Address: 5405 SE Alexander St. Unit D Hillsboro, OR 97123 Phone: (503) 567-8576 Email: EEVIE@MARTIALMASTERSACADEMY.COM