

DOMINION GYM

CLASS SCHEDULE

ADULT CLASS

FIGHTERS CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
BOXING	MUAY THAI	FUSE TRAINING		12:00 - 2:00 PM
5PM - FUSE : MMA, Wrestling and Jiujitsu <ul style="list-style-type: none"> • Technique and Drilling • Grappling 				Muay Thai & MMA Training ACC Fundamental Skills
6:30PM - ADULT MUAY THAI CLASS <ul style="list-style-type: none"> • Muay Thai pad work & Heavy Bag work • Muay Thai Basic Drills • Muay Thai Advance Technique 				
5:00PM - ADULT BOXING CLASS <ul style="list-style-type: none"> • Stretching & Boxing Calisthenics • Bag Work • Light Sparring • Boxing Technique • Padwork 				
To Join the Gym to use the Weight Training facility is \$10 a month				
40% Off MMA Training When you Sign Up For 6 Months				

KIDS CLASSES

MONDAY	TUESDAY	WENESDAY
5PM - 6:30PM <ul style="list-style-type: none"> • Muay Thai • Boxing • MMA • Wrestling and Jiujitsu • Technique 	5PM - 6:30PM <ul style="list-style-type: none"> • Muay Thai • Boxing • MMA • Wrestling and Jiujitsu • Technique 	5PM - 6:30PM <ul style="list-style-type: none"> • Muay Thai • Boxing • MMA • Wrestling and Jiujitsu • Technique