



# AUSTIN KICKBOXING ACADEMY

3906 Warehouse Row  
Austin, TX 78704  
512.677.5633  
[www.atxkickboxing.com](http://www.atxkickboxing.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Kickboxing Bag Circuit 6:00am - 6:45am		Kickboxing Bag Circuit 6:00am - 6:45am		
9:00 AM						Boxing 9:00am - 10:00am
10:30 AM						All Levels Kickboxing/Muay Thai 10:30am - 12:00pm
12:00 PM	All Levels Kickboxing/Muay Thai 12:00pm - 1:00pm	Boxing Bag Circuit 12:00pm - 1:00pm	All Levels Kickboxing/Muay Thai 12:00pm - 1:00pm	Boxing Bag Circuit 12:00pm - 1:00pm	All Levels Kickboxing/Muay Thai 12:00pm - 1:00pm	Youth MMA 12:15pm - 1:15pm
4:00 PM		Tiny Typhoons 4:15pm - 5:00pm		Tiny Typhoons 4:15pm - 5:00pm		
5:00 PM	Youth MMA 5:00pm - 5:45pm	Kickboxing Bag Circuit 5:00pm - 5:45pm	Youth MMA 5:00pm - 5:45pm	Kickboxing Bag Circuit 5:00pm - 5:45pm		
6:00 PM	All Levels Kickboxing/Muay Thai 6:00pm - 7:00pm	Beginner's Kickboxing/Muay Thai 6:00pm - 7:00pm	All Levels Kickboxing/Muay Thai 6:00pm - 7:00pm	Beginner's Kickboxing/Muay Thai 6:00pm - 7:00pm		
		Open Padwork & Sparring 6:00pm - 7:00pm		Sparring 6:00pm - 7:00pm		
7:00 PM	Beginner's Muay Thai Sparring* 7:15pm - 7:45pm	Women's Muay Thai 7:00pm - 8:00pm	Beginner's Muay Thai Sparring* 7:15pm - 7:45pm			
7:30 PM	Boxing 7:30pm - 8:30pm	Boxing 7:30pm - 8:30pm	Boxing 7:30pm - 8:30pm	Boxing 7:30pm - 8:30pm		
	No Gi Basics** 7:30pm - 8:30pm		No Gi Basics** 7:30pm - 8:30pm			

\* Beginner's Muay Thai Sparring: You can only attend if you have just participated in the 6pm class

\*\* Must be a current member to attend the No Gi Basics class