

NWFA Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|--|---|---|---|--|------------------------------------|
| 6:00 AM | Closed. Thank you for understanding | | 6am-7am Kickboxing with Coach Louie | | 6am - 7am Muay Thai: PC Kru Louie | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | 7AM - 8AM Boxing with coach Artem | | 7AM - 8AM Boxing with coach Artem | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | | | |
| 9:30 AM | | | | | | | 9am - 10am Muay Thai: PC Kru Louie |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | 12pm 1:30pm Rock Steady Boxing | | 12pm 1:30pm Rock Steady Boxing | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | 4 PM - 5 PM Kids Boxing with coach Artem | | 4 PM - 5 PM Kids Boxing with coach Artem | | | |
| 4:30 PM | | | 4:30 PM - 5:30 PM Kids Thai Boxing pc Kru Louie | | 4:30 PM - 5:30 PM Kids Thai Boxing pc Kru Louie | | |
| 5:00 PM | | | | | | | |
| 5:30 PM | 5 PM - 6:30 PM Boxing with coach Timur | | 5PM - 6:30 PM Boxing with Coach Artem | 5PM - 6:30 PM Boxing with Coach Artem | | 4:30 PM - 5:30 PM Kids Boxing with coach Artem | |
| 6:00 PM | | Kick Boxing with Coach Louie 6pm - 7:30p | 6 PM - 7 PM Ladies boxing with Coach Ronald | | 5 PM - 6:30 PM Boxing with coach Timur | | |
| 6:30 PM | | | | Kick Boxing with Coach Louie 6pm - 7:30p | 6 PM - 7 PM Ladies boxing with Coach Ronald | | |
| 7:00 PM | | | | | | 5:30 PM - 8:30 PM Sparring and Open Gym with Coach Artem | |
| 7:30 PM | 7:00 PM - 8:30 PM Boxing with coach Artem | | 7:00 PM - 8:30 PM Boxing with coach Artem | 7:00 PM - 8:30 PM Boxing with coach Artem | | 6:30pm - 7:30pm Muay Thai: PC Kru Louie | |
| 8:00 PM | | | | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |

NOTES

TO DO

