



Fountain Square Shopping Center 8032-C W. Broad Street, Richmond, VA 23294

804.269.5903 info@cscrva.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
10:00 AM - 11:00 AM					Jeet Kune Do Self Defense		10:00 AM - 11:00 AM
11:00 AM - 11:30 AM	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals		Muay Thai Kickboxing Technical Class	11:00 AM - 12:00 PM
11:30 AM - 12:00 PM	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals			
12:00 PM - 1:00 PM		Muay Thai Kickboxing Intermediate		Muay Thai Kickboxing Intermediate		Boxing Intermediate	12:00 PM - 1:00 PM
5:00 PM - 5:50 PM	Youth Boxing	Youth Muay Thai Kickboxing	Youth Boxing	Youth Muay Thai Kickboxing			5:00 PM - 5:50 PM
6:00 PM - 6:30 PM	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals	Boxing All Levels	Sunday	10:30 AM - 12:00 PM
6:30 PM - 7:00 PM	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals	Boxing Fundamentals	Muay Thai Kickboxing Fundamentals			
7:00 PM	Boxing Intermediate	Muay Thai Kickboxing Intermediate	Boxing Intermediate	Muay Thai Kickboxing Intermediate	Muay Thai Kickboxing Pad Class	Muay Thai Kickboxing Fight Team Training	

New students must start in fundamental classes and be tested by the instructor to attend intermediate classes. This generally take about 2 months.