

**True Fight Club** | 28460 Hesperian Blvd - Hayward - Ca - 94541 | [www.truefightclub.com](http://www.truefightclub.com) | (510)732-6022

	<u><i>Sunday</i></u>	<u><i>Monday</i></u>	<u><i>Tuesday</i></u>	<u><i>Wednesday</i></u>	<u><i>Thursday</i></u>	<u><i>Friday</i></u>	<u><i>Saturday</i></u>
<i>630am - 730am</i>		True Fitness	Muay Thai	True Fitness	Muay Thai	True Fitness	
<i>10am - 11am</i>		Open Gym	Boxing	Open Gym	Boxing	Open Gym	
<i>11am - 12pm</i>			Open Gym		Open Gym		Kids Muay Thai
<i>12pm - 1pm</i>	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai
<i>345pm - 430pm</i>	Fighters Training* <i>3pm-5pm</i>	Kid's (5-15) Muay Thai	Kid's (5-9) Muay Thai	Kid's (5-15) Muay Thai	Kid's (5-9) Muay Thai	Kid's (5-15) Muay Thai	Open Gym
<i>430pm - 530pm</i>		Kids (5-15) Jiu Jitsu	Teen (10-15) Muay Thai	Kids (5-15) Jiu Jitsu	Teen (10-15) Muay Thai	Kids (5-15) Jiu Jitsu	2pm-5pm
<i>530pm - 630pm</i>		Boxing / BJJ (5:30-7pm)	Muay Thai	Boxing / BJJ (5:30-7pm)	Muay Thai	Boxing / BJJ (5:30-7pm)	
<i>630pm - 730pm</i>		Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai	
<i>730pm - 830pm</i>		True Fitness	Muay Thai	True Fitness	Muay Thai	Sparring	