

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lil King Khong's (LKK) 3 - 5 year olds	Upstairs 5:40pm - 6:10pm No Gi ★★		5:40pm - 6:10pm	5:00pm - 5:30pm No Gi ★★	5:00pm - 5:30pm	☀ 8:30am - 9:00am	
Kid's Mixed Martial Arts (MMA)	Downstairs (Ages: 6 - 9) 5:00pm - 5:40pm No Gi ★★	(Ages: 6 - 15) Advanced/Competition 5:00pm - 5:40pm ★★★★★	(Ages: 6 - 9) 5:00pm - 5:40pm	(Ages: 6 - 15) 5:40pm - 6:30pm No Gi ★★	(Ages: 6 - 15) Comp. Style 5:40pm - 6:20pm	(Ages: 6 - 15) ☀ 9:00am - 9:50am	
	Upstairs (Ages: 10 - 15) 6:15pm - 7:00pm Gi ★	(Ages: 6 - 15) 5:40pm - 6:30pm	(Ages: 10 - 15) 6:15pm - 7:30pm No Gi ★★				
Kid's Muay Thai (KMT) ★★★★		6:30pm -7:20pm	6:15pm - 7:15pm	Upstairs 6:30pm -7:20pm			
Muay Thai (MT)		All Levels ☀ 11:00am -12:00pm	Muay Thai 101 ☀ 6:00am -7:00am	All Levels ☀ 11:00am -12:00pm	Muay Thai Happy Hour ☾ 7:30pm - 8:30pm	All Levels ☀ 11:00am -12:00pm	All Levels ☀ 11:00am -12:00pm
			Pad Work Drills Clinch ☾ 7:30pm -8:30pm				
	All Levels ☾ 7:00pm -8:00pm	Muay Thai 101 ☾ 7:30pm -8:30pm	Muay Thai 101 Sparring ☾ 8:30pm - 9:00pm	Muay Thai 101 ☾ 7:30pm -8:30pm			
Adult MMA	Adult MMA ☾ 6:00pm -7:00pm	Adult MMA ☾ 6:30pm -7:30pm		Adult MMA ☾ 6:30pm -7:30pm			
Brazilian Jiu Jitsu (BJJ) ★/★★	Gi ☀ 11:00am -12:00pm ★		No Gi ☀ 11:00am -12:00pm ★★	No Gi ☾ 7:30pm - 8:30pm ★★	Gi ☀ 11:00am -12:00pm ★	Gi All Levels ☀ 10:00am -11:00am ★	
	Gi All Levels ☾ 8:00pm - 9:30pm ★	Gi ☾ 7:30pm - 8:30pm ★	No Gi ☾ 6:15pm - 7:30pm ★★	Open Rolls ☾ 8:30pm - 9:30pm ★/★★	Gi Comp. Style ☾ 6:30pm - 7:30pm ★		
Fight Team (FT) ★★★★★		☾ 8:30pm -10:00pm	☾ 8:30pm -10:00pm	☾ 8:30pm -10:00pm	☾ 8:30pm -9:30pm	☀ 12PM -2PM	
Private Lessons	BY APPOINTMENTS ONLY.						
	REQUIRED EQUIPMENT: MMA & BOXING GLOVES. MMA STYLE SHINGUARDS. MOUTHPIECE. GROIN PROTECTOR. MUST WEAR TIGHT SPANDEX MATERIAL. TOPS: RASHGUARD BOTTOMS: MMA SHORTS/TIGHTS/LEGGINGS/SPATS NO ZIPPERS. NO POCKETS. NO T-SHIRTS.						
★	ALL GI'S MUST BE WHITE.						
★★	MUST WEAR TIGHT SPANDEX MATERIAL. TOPS: RASHGUARD BOTTOMS: MMA SHORTS/TIGHTS/LEGGINGS/SPATS NO ZIPPERS. NO POCKETS. NO T-SHIRTS.						
★★★	MUST HAVE PROPER EQUIPMENTS (HEAD GEAR, GROIN CUP, MOUTH PIECE, 16 - 20 OZ GLOVES, SHIN PADS). MUST HAVE AT LEAST (24) MUAY THAI 101, (24) ALL LEVEL CLASSES, AND/OR APPROVAL OF HEAD INSTRUCTOR.						
★★★★★	INVITATIONAL ONLY						
King Khong MMA 5601-G General Washington Drive Alexandria, VA 22312 (571) 331 - 3215 www.KingKhong.com KingKhongMMA@gmail.com KingKhongMMA King Khong MMA							