

Powerhouse Gym Aiea
Striking Arts Class Schedule (Muay Thai, Boxing, Kick Boxing)
 effective January 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Tiger Muay Thai 8 – 9am	
Group X Boxing 4:15 – 6:00pm	Tiger Muay Thai 4 – 5pm	Group X Boxing 4:15 – 6:00pm	Tiger Muay Thai 4 – 5pm	Group X Boxing 4:15 – 6:00pm	Boxing Advance 9 – 10am	
Muay Thai Keiki Program 5:30 – 6:30pm	Boxing Advance 5:30 – 6:30pm	Tiger Muay Thai 4:30 – 6:30pm	Boxing Advance 5:30 – 6:30pm		Kick Boxing 10 – 11am	
Muay Thai Introduction Class 5:30 – 6:30pm		Muay Thai Introduction Class 5:30 – 6:30pm		Muay Thai Introduction Class 5:30 – 6:30pm	Muay Thai Keiki Program 11am – 12pm	
Group X Kick Boxing 6:30 – 7:30pm		Group X Kick Boxing 6:30 – 7:30pm			Muay Thai Keiki Program Elite 12–1pm	
Muay Thai Impact Drills 6:30 – 7:30pm	Kick Boxing 6:30 – 7:30pm	Muay Thai Keiki Elite Program 6:30 – 7:30pm	Kick Boxing 6:30 – 7:30pm	Muay Thai 6:30 – 7:30pm		
Muay Thai 7:30 – 8:30pm	Muay Thai Elite 7:30 – 8:30pm	Muay Thai Pad Work 7:30 – 9pm	Muay Thai Strength & Conditioning 7:30 – 9pm	Muay Thai Open Gym 7:30 – 8:30pm		

All PHG-MMA monthly dues include a Power House Gym Aiea membership.

Muay Thai – New Member Adult, Woman’s & Keiki PHG-MMA Intro \$45.00 (mandatory)

Muay Thai– Beginner/Intermediate/Advance - \$89.00 – (3) classes a week

Muay Thai– Limited Program - \$100.00 (Unlimited))

MMA – Unlimited Program - \$120.00 (MMA/Boxing/Kick Boxing/Wrestling/Grappling/BJJ/Muay Thai)

Keiki/Teen Muay Thai & USA Amateur Program – \$79.00 (7 – 16 years old)

USA Amateur Boxing (\$79.00)

Drop in Fee: \$15.00 (*NOTE: MMA Room only to be used for MMA/Muay Thai Program Students)



Visit our website at
www.powerhousegymaiea.com
 or call 808.484.8000 for details