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SAM LUMPINI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-1:30PM Muay Thai All Levels	12:00-1:30PM Muay Thai All Levels	12:00-1:30PM MMA	12:00-1:30PM Muay Thai All Levels		12:00-1:30PM Fighter Kids
					1:30-3:00PM Muay Thai All Levels
4:00-4:45PM Mini Kids (Ages 4-7)		4:00-4:45PM Mini Kids (Ages 4-7)			
5:00-6:00PM Kids Class (Age 8+)		5:00-6:00PM Kids Class (Age 8+)			5:00-6:00PM Kids Class (Age 8+)
6:00-7:30PM Muay Thai Beginners	6:00-7:30PM MMA Fighter Kids	6:00-7:30PM Muay Thai Beginners	6:00-7:30PM MMA Fighter Kids	6:00-7:30PM Muay Thai Beginners	
			7:00-7:45PM Stretching w. Candice		
7:30-9:00PM Krav Maga	7:30-9:00PM Advanced Muay Thai B.F. Savate	7:30-9:00PM Krav Maga	7:30-9:00PM Advanced Muay Thai B.F. Savate	7:30-9:00PM Krav Maga	

<p><u>CLINIC OPERATING HOURS (by appointment only):</u></p> <p>Injury management, assisted flexibility & strength training, Osteopathy and Thai Yoga Massage.</p> <p>Tuesday to Friday 2:00 PM – 7:00 PM Saturday 9:00 AM – 1:00 PM</p>	<p><u>CONTACT:</u></p> <p>Gym: Phone: (647)707-4941 Email: samlumpini@gmail.com</p> <p>Clinic: Phone: (647)708-2137 Email: info@bodymechanic.ca</p> <p>Address: 2448 Danforth Ave., Toronto, ON M4C1K9</p>
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