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**SAM LUMPINI**  
 2018 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-1:30PM Muay Thai All Levels	12:00-1:30PM Muay Thai All Levels	12:00-1:30PM B.F. Savate All Levels	12:00-1:30PM Boxing All Levels		12:00-1:30PM Boxing All Levels	2:00-3:00PM Kids MMA/Muay Thai (Age 8+)
					1:30-3:00PM Muay Thai All Levels	
5:00-6:00PM Kids Savate (Age 8+)	5:00-6:00PM Kids MMA/Muay Thai (Age 8+)	5:00-6:30PM Boxing & Clinch	5:00-6:00PM Kids MMA/Muay Thai (Age 8+)	5:00-6:00PM Kids Savate (Age 8+)		
6:00-7:30PM Muay Thai Beginners	6:00-7:30PM Fighter Kids & Adults	6:00-7:30PM Muay Thai Beginners	6:00-7:30PM Fighter Kids & Adults	6:00-7:30PM Muay Thai Beginners		
			7:00-7:45PM Stretching w. Candice			
7:30-9:00PM Krav Maga	7:30-9:00PM Adv.Muay Thai & B.F. Savate	7:30-9:00PM Krav Maga	7:30-9:00PM Adv.Muay Thai & B.F. Savate	7:30-9:00PM Krav Maga		

<b><u>IN-HOUSE OSTEOPATHY OPERATING HOURS:</u></b>	<b><u>CONTACT:</u></b>
Injury management and assisted flexibility & strength <i>(by appointment only)</i>	<b>Phone:</b> (647)707-4941
Tuesday & Thursday	<b>Email:</b> samlumpini@gmail.com
Saturday	<b>Address:</b> 2448 Danforth Ave., Toronto, ON M4C1K9
2:00 PM – 6:30PM	
9:00 AM – 2:00PM	