



**SYSTEMS**  
 TRAINING CENTER  
 SELF DEFENSE FITNESS FIGHTING



957 S. La Brea Blvd. Inglewood, CA 90301 (424)269-1337 [www.systemstrainingcenter.com](http://www.systemstrainingcenter.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5PM	Kids Muay Thai - DM	Boxing - DM	Kids Muay Thai - LO	Boxing - DM	Kids Muay Thai - JG		
6PM	Teens Muay Thai - DM	Boxing - DM	Teens/Adults Muay Thai - LO	Boxing - DM	Teens/Adults Muay Thai - JG		
7PM	Adult Muay Thai - DM	Adult Muay Thai - DM		Adult Muay Thai - DM			

**Instructors**

DM: Donovan McKiver

LO: Lorenzo Orozco

JG: John Garcia

All instructors and classes  
 subject to change without  
 notice