



STEEL MMA MUAY THAI



KIDS(8-12) | TEENS (13-17)

AGE & SKILL LEVEL APPROPRIATE CLASSES

CLASS SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|------------------------------------|---|------------------------------------|--|--------------------------------------|
| 4:00pm | MUAY THAI (ages 8-12yrs) | MUAY THAI (ages 8-12yrs) | MUAY THAI (ages 8-12yrs) | MUAY THAI (ages 8-12yrs) | | 11:30am TEEN COMP CLASS |
| 5:00pm | MUAY THAI FUTURE CHAMPIONS (ages 8-12yrs) | | MUAY THAI FUTURE CHAMPIONS (ages 8-12yrs) | | | |
| 5:00pm | MUAY THAI (ages 13-17yrs) | | MUAY THAI (ages 13-17yrs) | | | |
| 6:00pm | MUAY THAI COMP TEAM (ages 15-17yrs) | | MUAY THAI COMP TEAM (15-17yrs) | | MUAY THAI COMP TEAM (15-17yrs) | |

LOANER GEAR AVAILABLE DURING FREE CLASS & INTRO COURSE

FIRST CLASS IS FREE!

COME IN FOR A FREE TRIAL CLASS BEFORE YOU BOOK YOUR INTRO COURSE TO MEET OUR FRIENDLY STAFF AND SEE WHAT ALL THE HYPE IS ABOUT. NO COMMITMENT REQUIRED.

\$49 INTRODUCTORY COURSE

THE INTRODUCTORY COURSE COMES WITH 2 WEEKS OF TRAINING (4 CLASSES) ALONG WITH COMPLIMENTARY BOXING GLOVES, HAND WRAPS AND TEAM SHIRT

COMPETITION TEAM

OUR COMPETITION TEAM IS AN OPTIONAL PROGRAM FOR INTERMEDIATE AND ADVANCED STUDENTS WHO COMPETE AT BOTH LOCAL AND NATIONAL EVENTS.

BEGINNER
Friendly

PRIVATE TRAINING AVAILABLE

PRIVATE TRAINING IS AVAILABLE DURING SPECIFIC HOURS OF THE DAY. LET US KNOW IF YOU ARE MORE COMFORTABLE WORKING ONE ON ONE WITH A COACH INSTEAD OF CLASSES.



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