

MUAY THAI

Group Class | Personal Fight

Muay Thai membership: \$70.00/ mo. (unlimited classes)

-Muay Thai also known as the "art of eight limbs" because it uses kicks, punches, elbows, and knee strikes.

-Muay Thai is the sport that helps better your physical aptitude, provides cardiovascular endurance, and replaces body fat into lean muscle mass.

-Training Muay Thai is extremely effective in just one class you can burn 800 to 1,000 calories, strengthens your body.



Monday	Tuesday	Wednesday	Thursday	Friday
Kid's Class 5:30p – 6:20p	6:30a – 7:30a	Kid's Class 5:30p – 6:20p	6:30a – 7:30a	
Muay Thai Introduction Class* 6:30p – 7:30p	6:30p – 7:30p 8:00p – 9:00p	6:30p – 7:30p 8:00p – 9:00p	6:30p – 7:30p 8:00p – 9:00p	

*Introduction class is a one time free trial with the purchase of hand wraps (wraps are \$10.00).

For Information Contact
Call | Text: 304.669.7079
Email: muaythai.wv@gmail.com

