



WELCOME HOME



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED AM	11:30-12:30 Adult Beginner Muay Thai	CLOSED AM	11:30-12:30 Adult Beginner Muay Thai	CLOSED AM	
5:00-5:30PM Kids Beginner Muay Thai	5:00-5:30PM Kids Beginner Muay Thai	5:00-5:30PM Kids Beginner Muay Thai	5:00-5:30PM Kids Beginner Muay Thai	5:00-5:30PM Kids Beginner Muay Thai	10:00-11:00AM Adult ALL LEVELS Muay Thai
5:45-6:45PM Adult Beginner Muay Thai	5:45-6:45PM Adult Beginner Muay Thai	5:45-6:45PM Adult Beginner Muay Thai	5:45-6:45PM Adult Beginner Muay Thai	5:45-7:15PM Adult Thai Pads / Technique Drills / Open Sparring	11:15-12:15PM Strength & Conditioning
7:00-8:00PM Adult All Levels BOXING 7:00-8:00PM Advanced Kids Boxing	7:00-8:00PM Adult Intermediate Muay Thai 7:00-8:00PM Advanced Kids Muay Thai	7:00-8:00PM Strength & Conditioning 7:00-8:00PM Adult Intermediate Muay Thai 7:00-8:00PM Advanced Kids Muay Thai	7:00-8:00PM Adult Intermediate Muay Thai 7:00-8:00PM Advanced Kids Muay Thai		

****Kids classes are for 6 to 12 years old****

Arizona Muay Thai Kickboxing

az_muaythai

azmuaythai.com

