



## MUAY THAI BOXING CLASSES

Muay Thai boxing is Thailand's traditional martial art and much loved national sport. This unique unarmed combat style is known as the "art of eight limbs", with fighters using knees, shins, feet and elbows, and demonstrating great technical skill, coordination, flexibility and stamina.



### **Muay Thai Boxing Class** (90 minutes)

Personalised training session for fitness, weight loss, self-defence, sport or competition. Receive a gift of Muay Thai shorts and certificate.

Group class: **THB 1,500 per person**. *Maximum of three persons with two trainers*

Private one-on-one class: **THB 1,800++ per person**

For more information and bookings, please call 053 253 333 Ext. 3363 for the Health Club.

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