

ADAMS MUAY THAI

& MIXED MARTIAL ARTS

“HOME OF MUAY THAI CHAMPIONSHIPS”

11654 East 51st Street

Tulsa, Okla. 74146

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“EST. 1999”

WE ARE A CERTIFIED TRAINING CENTER WITH OVER 25 YEARS MARTIAL ARTS EXPERIENCE.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mr. Adams is here every day to hold pads for all students and answer any questions or concerns you may have.					“KIDS” <u>Muay Thai</u> 11:00-11:45A <u>Muay Thai</u> 12:00-2:00p <i>By: Khun Khru Frayser</i>
	“KIDS” <u>Muay Thai</u> 5:30-6:15P		“KIDS” <u>Muay Thai</u> 5:30-6:15P		
<u>Muay Thai</u> 6:00-7:00p <u>Advanced Muay Thai</u> 7:00-8:00p <i>By: Khun Khru Adams</i>	<u>Muay Thai</u> 6:30-8:00P <i>By: Khun Khru Adams</i>	<u>Muay Thai</u> 6:00-7:00p <u>Advanced Muay Thai</u> 7:00-8:00p <i>By: Justin Shavney</i>	<u>Muay Thai</u> 6:30-8:00P <i>By: Khun Khru Adams</i>	<u>MMA / Submission Grappling</u> 6:00-7:00P <i>By: Matt Lewis</i>	
<u>MMA / Submission Grappling</u> 8:00-9:00P <i>By: Matt Lewis</i>	<u>Kali Silat</u> 8:00-9:00P <i>By: Guro Adams</i>	<u>MMA / Submission Grappling</u> 8:00-9:00P <i>By: Matt Lewis</i>	<u>Eskrima / Arnis (Filipino weapons)</u> 8:00-9:00P <i>By: Guro Adams</i>	<u>Muay Thai</u> 7:00-8:00P <i>By: Justin Shavney</i>	

* **Affective 3/01/2010*** Group, privates lessons, and seminars are available please ask for more info.

“Muay Thai class does include Boxing” Ask for sparring times 6 days a week. Kids class is for ages 5-12

***New students may do all classes excluding Advanced class* Advanced Muay Thai is for 6 months+ training time.**