

# ADAMS MUAY THAI

& MIXED MARTIAL ARTS

## “HOME OF MUAY THAI CHAMPIONSHIPS”

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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
<p><i>*All classes are for ages 8 &amp; up*</i></p>					<p><b><u>“KIDS”</u></b>  <b><u>Muay Thai</u></b>  <b>11:00-11:45A</b></p> <p><b><u>Muay Thai</u></b>  <b>12:00-2:00p</b></p>
<p><b><u>Boxing</u></b>  <b>6:00-7:00p</b></p> <p><b><u>Muay Thai</u></b>  <b>7:00-8:00p</b></p>	<p><b><u>Muay Thai</u></b>  <b>6:30-8:00P</b></p>	<p><b><u>Boxing</u></b>  <b>6:00-7:00p</b></p> <p><b><u>Muay Thai</u></b>  <b>7:00-8:00p</b></p>	<p><b><u>Muay Thai</u></b>  <b>6:30-8:00P</b></p>	<p><b><u>Muay Thai</u></b>  <b>6:00-7:00P</b></p>	
<p><b><u>Open Floor</u></b></p>	<p><b><u>Kali Silat</u></b>  <b>8:00-9:00P</b></p>	<p><b><u>Open floor</u></b></p>	<p><b><u>Eskrima / Arnis</u></b>  <b><u>(Filipino weapons)</u></b>  <b>8:00-9:00P</b></p>		

**\* Affective 8/1/2010\*** 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.

**\*All classes are for ages 8 & up\* ~ Saturday Kids class is for ages 5-11**