

# Jacksonville Muay Thai Schedule

## Spring/Summer 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9am</b>		Muay Thai (F & A)	Open Mat (F & A)	Muay Thai (F & A)		
<b>10am</b>		Open Mat (F & A)		Open Mat (F & A)		MT Power Hour (F & A)
<b>11am</b>						Sparring Drills (A) 75 min class
<b>12pm</b>	Open Mat (F & A)				Muay Thai (F & A)	
<b>1pm</b>					Open Mat (F & A)	
<b>4pm</b>				Mini Muay Thai (K)		
<b>5pm</b>	Junior Muay Thai (K)	Junior Muay Thai (K)	Junior Muay Thai (K)	Youth Muay Thai (K)		
<b>6pm</b>	MT Power Hour (F & A)	Muay Thai Fundamentals (F)	Muay Thai (F & A)	Muay Thai Fundamentals (F)	Open Mat (F & A)	
<b>7pm</b>	Muay Kao (A) 75 min class	Advanced Muay Thai (A)	Boxing (A & F) 45 min class	Advanced Muay Thai (A)		
<b>7:45</b>			Heavy Bag (F) Boxing/Sparring (A)			
<b>8pm</b>		Sparring* (A)		Sparring* (A)		

F = Foundation / A= Advanced / K= Kids

\*Only for level one and above.

14333 Beach Blvd. Unit 4  
Jacksonville 32250 (near Big Lots)  
(904) 864-7343



[www.jacksonvillemuaythai.com](http://www.jacksonvillemuaythai.com)  
[jacksonvillemuaythai@gmail.com](mailto:jacksonvillemuaythai@gmail.com)

### **Kids' Classes**

**Mini Muay Thai (ages 3-6):** Start them young; improve their focus, coordination, all while having fun.

**Junior Muay Thai (ages 6-10):** Fun-filled, dynamic classes that teach kids a powerful effective martial art and the respect, confidence and self-control that go hand-in-hand with it.

**Youth Muay Thai (ages 10-14):** A transition from junior to adult Muay Thai, with more advanced concepts and drills.

### **Foundation Classes**

**Thai Fundamentals (F):** A fun and essential class for all beginners, or those who want to hone their foundation skills.

**Muay Thai (F&A):** These classes are open to all members from beginner to advanced levels.

**MT Power Hour (F&A):** A fantastic fitness workout. Set up as a circuit, this class combines strength and conditioning with Muay Thai drills.

**Boxing (F):** Learn the sweet science - an intensive focus on the basics of western boxing.

**Heavy Bag (F):** Take time to practice your skills on the bags.

### **Advanced Classes**

**Advanced Muay Thai (A):** Only for experienced students.

**Boxing/Sparring (A):** Advanced sparring drills focusing on hands.

**Muay Kao: (A):** This class focuses on knee strikes. Working with a partner and on pads, we drill various knee and elbow techniques and the intricacies of Muay Thai grappling (clinch).

**Sparring Drills: (A):** "Drillers make killers." The perfect class to hone your Muay Thai offense, defense, and strategy in a controlled environment.

**Sparring (Level One and above only):** Reserved for those on the fight team or who have tested level one or above. Classes feature advanced pad, sparring, and clinch drills, and include intense conditioning.