



## Land O' Lakes Class Schedule

6450 Land O' Lakes Blvd, Land O Lakes, FL 34638

Phone: 941-713-1257 or (407)529-8627

[www.kohmuaythai.com](http://www.kohmuaythai.com)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am-Noon						SUPER SATURDAY! ALL LEVELS
9:45-10:45	MUAY THAI TRAINING (ALL LEVELS)		MUAY THAI TRAINING (ALL LEVELS)		MUAY THAI TRAINING (ALL LEVELS)	SUPER SUNDAY'S 9:30AM-11AM
4:30-5:30pm	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI TRAINING (ALL LEVELS)	
5:30-6:30pm		KOH KIDS AGES 7-11	Level 1 Training	KOH KIDS AGES 7-11	MUAY THAI TRAINING (ALL LEVELS)	
5:30-6:15		KOH Run		KOH Run		
6:30-7:30pm	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI Fundamentals (TECHNIQUE)	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI Fundamentals (TECHNIQUE)		
7:30-8:30PM		OPEN MAT		OPEN MAT		

Super Saturday - Open to AGES 12+ (2hr class) Muay Thai technique and conditioning.

BRING RUNNING SHOES: WEDNESDAYS/SATURDAYS/SUNDAYS

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