



**KOH MUAY THAI and FITNESS**

6450 Land O Lakes Blvd  
 Land O Lakes, Florida 34638  
 (941) 713-1257  
 WWW.KOHMUAYTHAI.COM

**CURRENT CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
						<b>SUPER SATURDAY!</b> 10am-12pm
<b>9:45-10:45</b>	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)	<b>SUPER SUNDAY'S</b> 9:30am-11am
<b>4:30-5:30PM</b>	MUAY THAI (ALL LEVELS) <b>LEVEL 1 SPARRING</b>	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI (ALL LEVELS) <b>LEVEL 1 SPARRING</b>	
<b>5:30-6:30PM</b>	KOH KIDS (7-11yrs)	KOH KIDS (7-11yrs)	KOH KIDS (7-11yrs)	KOH KIDS (7-11yrs)		
<b>6:30-7:30PM</b>	MUAY THAI TRAINING (ALL LEVELS)	MUAY THAI Fundamentals (Technique)	MUAY THAI (ALL LEVELS) <b>LEVEL 1 SPARRING</b>	MUAY THAI Fundamentals (Technique)		

**SUPER SATURDAY / SUNDAY - Open to AGES 12+ (2hr Class) Muay Thai Technique and Conditioning**  
**BRING RUNNING SHOES: EVERYDAY**