

Los Angeles Muay Thai
 1808 W. Whittier Blvd.
 Montebello, CA. 90640
 Phone: (323) 228-1969



Email: info@losangelesmuaythai.com
 Website: www.losangelesmuaythai.com
 IG: @losangelesmuaythai
 @losangelesbrazilianjiujitsu

GENERAL CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-7am	MUAY THAI FIT DAVID		MUAY THAI FIT DAVID		MUAY THAI FIT DAVID	
9-11am	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	THAI SPARRING 9-11AM
4:30-5:30pm	KIDS MUAY THAI DAVID&ZARATE	KIDS MUAY THAI FIGHTERS DAVID&ZARATE	KIDS MUAY THAI DAVID&ZARATE	KIDS MUAY THAI FIGHTERS DAVID&ZARATE	KIDS MUAY THAI DAVID&ZARATE	*WOMEN'S SPARRING 1ST SATURDAY OF THE MONTH 9-11AM
5:30-6pm	KIDS FIGHT TEAM		KIDS FIGHT TEAM		KIDS FIGHT TEAM	
5:30-6:30pm BACK ROOM	KIDS JIU JITSU MIKE	KIDS WRESTLING ARSHAK	KIDS JIU JITSU MIKE	KIDS WRESTLING ARSHAK	KIDS JIU JITSU MIKE	
6-7pm	BOXING ZARATE	MUAY THAI FIT D'LO	BOXING ZARATE	MUAY THAI FIT D'LO	BOXING ZARATE	KIDS JIU JITSU 11AM
6:30-7:30pm BACK ROOM	ADULT JIU JITSU MIKE	ADULT WRESTLING ARSHAK	ADULT JIU JITSU MIKE	ADULT WRESTLING ARSHAK	ADULT JIU JITSU MIKE	ADULT JIU JITSU 12 NOON
7-8pm	WOMEN'S MUAY THAI FIT VAL & KAT	WOMEN'S MUAY THAI CAMP VAL	WOMEN'S MUAY THAI FIT VAL & KAT	WOMEN'S MUAY THAI CAMP VAL	WOMEN'S MUAY THAI FIT VAL & KAT	
7:30-9pm BACK ROOM	MUAY THAI CAMP DAVID	MUAY THAI CAMP DAVID	MUAY THAI CAMP DAVID	MUAY THAI CAMP DAVID	MUAY THAI CAMP DAVID	
8-9pm	MUAY THAI FIT CALEB		MUAY THAI FIT CALEB			

*TO JOIN SPARRING CLASS, MEMBERS MUST HAVE 1 YEAR OF PRIOR SPARRING EXPERIENCE OR HAVE COMPLETED 16 STRIKING SPECIFIC PRIVATE SESSIONS