

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
6am	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	MUAY THAI FIT DAVID	SPARRING 9-11AM
9am	MUAY THAI FIT D'LO	MUAY THAI FIT DAVID	MUAY THAI FIT D'LO	MUAY THAI FIT DAVID	MUAY THAI FIT D'LO	
4:30-5:30	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
5:30-6	KIDS FIGHT TEAM		KIDS FIGHT TEAM		KIDS FIGHT TEAM	
5:30-6:30 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
6:30-7:30 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
7PM	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	
BACK ROOM:	MUAY THAI CAMP 7:30-9PM DAVID	MUAY THAI CAMP 7:30-9PM D'LO	MUAY THAI CAMP 7-9PM DAVID	MUAY THAI CAMP 7-9PM D'LO	MUAY THAI CAMP 7-9PM DAVID	
8pm	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**