

Please e-mail info@thaiboxinginstitute.net or call/text 310-596-5034 for arrangements.

***Must be a TBI member to participate in sparring and clinch classes. Absolutely no drop-in's allowed. Thank you for your understanding.**

THE THAI BOXING INSTITUTE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM-7:15AM	**MUAY THAI ATHLETICS		**MUAY THAI ATHLETICS		ALL LVLS MUAY THAI	ALL LVLS MUAY THAI 11:00AM-12:00PM
11:00AM-12:00 PM	ALL LVLS MUAY THAI	*NO 11AM CLASSES*	ALL LVLS MUAY THAI	*NO 11AM CLASSES*	ALL LVLS MUAY THAI	
5:00PM-6:00PM	KIDS MUAY THAI *5:00PM-5:45PM	TEENS MUAY THAI	KIDS MUAY THAI *5:00PM-5:45PM	TEENS MUAY THAI		
6:00PM-7:00PM	INTRO/BEGINNERS MT	ALL LVLS MUAY THAI	INTRO/BEGINNERS MT	ALL LVLS MUAY THAI	BEGINNERS MT	*DRILLING AND* *SPARRING* 12:00PM-1:00PM
6:00PM-7:00PM (IN RING)->	ADVANCED MUAY THAI		ADVANCED MUAY THAI			
7:00PM-8:00PM	ALL LVLS MUAY THAI	*BEG. SPARRING* *AND DRILLING*	ALL LVLS MUAY THAI	BEGINNERS MT	*SPARRING 7:00-7:30	
7:00PM-8:00PM (IN RING)->	*COMPETITION CLASS		*ALL LVLS CLINCH	*INTERMEDIATE SPARRING		

****Must have at least 3 months of Muay Thai and pad holding experience**

Intro/Beginners Muay Thai:

The beginner version of 'Advanced Muay Thai'. Learn proper drilling techniques along with pad holding and how to structure combinations. Great class for the intermediate and advanced member that wants a refresher.

Skipping rope, stretch, thai pads and technique drills are all included in this class.

Advanced Muay Thai:

Advanced drilling and thai pad combinations involving aspects of the sport.

Prerequisites: Minimum 6 months experience of consistent Muay Thai Training and 'Beginner' understanding of clinching (Pummel and Balance Breaking).

Beginners Muay Thai:

The beginner version of 'All-Levels Muay Thai' where we follow the weekly curriculum but at a much slower pace.

Perfect for the beginner that is learning their fundamentals or for the intermediate/advanced member that wants a refresher.

Skipping rope, stretch, boxing, bag work, thai pads and technique drills are all included in this class.

All Levels Muay Thai:

All levels 'Traditional' styled training with partners. Instruction from a weekly curriculum includes all facets of muay thai.

Skipping rope, stretch, boxing, bag work, thai pads and technique drills are all included in this class.

***Sparring:**

Technique drills and freestyle sparring. All Levels welcomed.

As a courtesy to our members: Must be a TBI member for longer than a month to participate.

Equipment needed: 14 or 16 oz Boxing gloves, shinpads and mouthpiece required.

***Clinch Class:**

Muay Thai clinch class covering wrestling holds, positions and attacking from within the clinch. Drills and live sparring Included.

As a courtesy to our members: Must be a TBI member for longer than a month to participate.

Equipment needed: mouthpiece required.

***Competition Class:**

Learn how to compete or help others prepare for competition. Rules, scoring, cornering. Drills and sparring involving.

As a courtesy to our members: Must be a TBI member for longer than a month to participate.

Equipment needed: 14 or 16 oz gloves, mouthpiece, shinguards.

****Muay Thai Athletics:**

Strength and Conditioning meets Muay Thai pad work

***Minimum 3 months of Muay Thai experience with pad-holding proficiency*

Kids Muay Thai (Ages 5-12):

Discipline, self-control, conflict resolution goal setting and achieving. Confidence and respect developed and above all else a fun outlet for energy while learning and receiving the value of mentorship and martial arts.

Teens Muay Thai (Ages 13-17):

All levels 'Traditional' styled training with partners. Instruction from a weekly curriculum includes all facets of muay thai.

Discipline, self-control, conflict resolution goal setting and and receiving the value of mentorship and martial arts.

All memberships are on a 'Month to Month' basis. No contracts or hidden fees.

All sales are final and no membership holds allowed for monthly and pre-paid training.

Initiation Fee:

*One time fee of \$99 (Adults) or \$49** (Kids & Teens)*

Adult program choose from either uniform or equipment. Teens receive equipment, kids receive uniform.

New Member First Class Trial:

\$20

Drop-in for the Day:

\$40

Drop-in for Teens:

First class \$20, \$40 per class there after

Drop-in for Kids:

First class free, \$20 per class there after

Kids Program Membership:

\$99/Month (2 x a week MON & WEDS 5PM only)

Teens Program Membership:

\$199/Month (2 x a week TUES & THURS 5PM only.)

Monthly Adult Unlimited Membership:

\$274/Month

Monthly Adult Part-Time Membership:

\$224/Month (2 x week)

\$249/Month (3 x week)

Paid in Full Options:

Take advantage of the discounts by paying your membership in full for 6 months!

Please note that we cannot pause/hold your account under any circumstances or refund any amount unused.

6 months Paid in Full will renew automatically unless you email us to stop your billing. Buyer agree's to these conditions.

Monthly Adult Unlimited Membership:

\$1,499

Monthly Adult Part-Time Membership:

\$1199 (2 x week)

\$1349 (3 x week)

Private Lessons:

Privates are a great way to get intensive instruction and immediate feedback on your form and progress.

Coach Robbie: Starting at \$165 per hour

Coach Tony/Coach Warsame: Starting at \$140 per hour

Coach Jordan: Starting at \$120 per hour

Contact Info:

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