



Chaiyo Muay Thai Academy
 12260 San Pablo Ave #B
 (510) 965-9771

Master Cheetah (510) 390-0696
 Deffiny(Ms. Cheetah) (510) 501-1717

SCHEDULE OF CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CLOSED) APPOINTMENTS ONLY						9AM - 10AM MUAY KIDS FRIENDLY SPARRING
	12PM -1PM MUAY THAI FITNESS ALL LEVELS		12PM - 1PM MUAY THAI FITNESS ALL LEVELS		12PM -1PM MUAY THAI FITNESS ALL LEVELS	10AM - 11AM JUNIOR MUAY THAI SPARRING (2)
	4:30PM - 5:30PM JUNIOR MUAY THAI (1)	4:30PM - 5:30PM JUNIOR MUAY THAI (2)	4:30PM - 5:30PM JUNIOR MUAY THAI (1)	4:30PM - 5:30PM JUNIOR MUAY THAI (2)	4:30PM - 5:30PM JUNIOR MUAY THAI SPARRING (1)	11AM - 12PM TECHNIQUE SPARRING
	5:30PM - 6:30PM BOXING & MUAY THAI FITNESS	5:30PM - 6:30PM MUAY KIDS TEAMWORK TRAINING	5:30PM - 6:30PM BOXING & MUAY THAI FITNESS	5:30PM - 6:30PM MUAY KIDS TEAMWORK TRAINING	5:30PM - 6:30PM BOXING & MUAY THAI FITNESS	
	6:30PM - 7:30PM KETTLEBELL TRAINING	6:30PM - 7:30PM MUAY THAI SELF DEFENSE	6:30PM - 7:30PM KETTLEBELL TRAINING	6:30PM - 7:30PM MUAY THAI SELF DEFENSE	6:30PM - 8PM MUAY BORAN TECHNIQUE SPARRING	
	7:30PM - 9PM MUAY THAI BORAN	7:30PM - 8:30PM STRENGTH AND CONDITIONING	7:30PM - 9PM MUAY THAI BORAN	7:30PM - 8:30PM STRENGTH AND CONDITIONING		

Sparring: When you are ready to take your training to the next level, this class will propose you for a competition. Here is where our students apply the training techniques from the other classes in a practical manner. This is a clearly supervised class with minimum training requirements.

All Levels of Muay Thai: This class is also based on Muay Thai, but is strictly a fitness class for those looking to get in shape using martial arts as the foundation.

Strength & Conditioning: This class is good for people who are trying to lose weight and build lean muscle. Fighters are also recommended to take this class in order to build strength, stamina, and endurance.

Muay Kids: For our future warriors, a class for children ages 5 and up offers Muay Thai training along with life shuffle and responsibility.

*PRIVATE TRAINING IS AVAILABLE MONDAY - SUNDAY (Please inquire at front desk or Master Cheetah)