

General Information	
Activity	<b>Boxing</b>
Activity Description	It is a combat sport that requires a good mental capacity (the ability to make adequate and prompt decisions, game intelligence etc) and muscle flexibility and power. Muay Thai boxers develop explosive and endurant muscles as well as cardio, flexibility, speed, motor reflexes, coordination and mental balance.

Package type	
Description	Two classes per week
Name of the Coach	Julien Maxwell
Target Audience	All levels
Age availability	Adults
Class Schedule	Tuesday 18:30-20:00 and Wednesday 18:00-19:30
Duration	1.5h
Maximum Number of Participants	20

Additional Information	
Required Equipment	Sports wear

Pricing Details		
Package Type	Full Year*	Semester 1*
Validity of Package	2 Sep - 2 May (22-26 classes)	2 Sep - 13 Dec (10-13 classes)
Cost for Full Course	1300 AED	700 AED