

General Information	
<i>Activity</i>	Muay Thai
<i>Activity Description</i>	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	
<i>Description</i>	Two classes per week
<i>Name of the Coach</i>	Julien Maxwell
<i>Target Audience</i>	All levels
<i>Age availability</i>	Adults
<i>Class Schedule</i>	Monday 18:30-20:00 and Wednesday 19:45-21:15
<i>Duration</i>	1.5h
<i>Maximum Number of Participants</i>	20

Additional Information	
<i>Required Equipment</i>	Sports wear

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