

# MUAY THAI WORKSHOPS

Call: +974 5040 3234 to book | [info@evolvemindbodysoul.com](mailto:info@evolvemindbodysoul.com)

## CLASS SCHEDULE

<b>12:00 - 13:00</b>	<b>Intro &amp; Foundation Workshop</b>
<b>13:00 - 14:00</b>	<b>Benefits of Muay Thai</b>
<b>14:00 - 15:00</b>	<b>Technical Drills Workshop</b>
<b>15:15 - 16:15</b>	<b>Sparring &amp; Clinching Workshop</b>
<b>16:15 - 17:00</b>	<b>Kids Muay Thai Workshop</b>

## Rates

**QR.70 / session**

**QR.100 / 2 sessions**

**Kids Workshop FREE!**

**\*\*You can register for a maximum of 2 workshops.**