



**CHAIYO MUAYTHAI ACADEMY**

12260 SAN PABLO AVE #B RICHMOND, CA 94805

(510) 965-9771

**Master Cheetah (510) 390-0696**

**SCHEDULE OF CLASSES**

**Mrs. Cheetah (510) 507-1717**

**ChaiYo Muaythai/Boran:** Muaythai classes have bases in the traditional ancient martial arts of Muaythai. Boran class offers our students a true taste of ancient Muaythai training.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>APPOINTMENTS ONLY</b>	<b>8AM – 9AM</b> MUAYTHAI FITNESS ALL LEVELS	<b>8AM – 9AM</b> MUAYTHAI FITNESS ALL LEVELS	<b>8AM – 9AM</b> MUAYTHAI FITNESS ALL LEVELS	<b>8AM – 9AM</b> MUAYTHAI FITNESS ALL LEVELS	<b>8AM – 9AM</b> MUAYTHAI FITNESS ALL LEVELS	<b>9AM – 10AM</b> CHAIYO MUAY KIDS FRIENDLY SPARRING
	<b>12PM – 1PM</b> MUAYTHAI FITNESS ALL LEVELS		<b>12PM – 1PM</b> MUAYTHAI FITNESS ALL LEVELS		<b>12PM – 1PM</b> MUAYTHAI FITNESS ALL LEVELS	<b>10AM – 11AM</b> MUAYTHAI FITNESS ALL LEVELS
						<b>11PM – 12PM</b> CHAIYO TECHNIQUE SPARRING
	<b>4:30PM – 5:30PM</b> BOXING ALL LEVELS	<b>4:30PM – 5:30PM</b> MUAYTHAI CROSS FIT ALL LEVELS	<b>4:30PM – 5:30PM</b> BOXING ALL LEVELS	<b>4:30PM -5:30PM</b> MUAYTHAI CROSSFIT ALL LEVELS	<b>4:30PM – 5:30PM</b> BOXING ALL LEVELS	
	<b>5:30PM – 6:30PM</b> MUAYTHAI FITNESS ALL LEVELS	<b>5:30PM -6:30PM</b> MUAY KIDS TEAM WORK TRAINING	<b>5:30PM – 6:30PM</b> MUAYTHAI FITNESS ALL LEVELS	<b>5:30PM -6:30PM</b> MUAY KIDS TEAM WORK TRAINING	<b>5:30PM – 6:30PM</b> MUAYTHAI FITNESS ALL LEVELS	
	<b>6:30PM – 7:30PM</b> KETTLE BELL TRAINING ALL LEVELS	<b>6:30PM – 7:30PM</b> MUAYTHAI SELF DEFENSE ALL LEVELS	<b>6:30PM – 7:30PM</b> KETTLEBELL TRAINING ALL LEVELS	<b>6:30PM – 7:30PM</b> MUAYTHAI SELF DEFENSE ALL LEVELS	<b>6:30PM – 7:30PM</b> KETTLE BELL TRAINING ALL LEVELS	
	<b>7:30PM – 9PM</b> CHAIYO MUAYTHAI TECHNIQUE ALL LEVELS	<b>7:30PM – 8:30PM</b> STRENGTH & CONDITIONING ALL LEVELS	<b>7:30PM – 9PM</b> CHAIYO MUAYTHAI TECHNIQUE ALL LEVELS	<b>7:30PM – 8:30PM</b> STRENGTH & CONDITIONING ALL LEVELS	<b>7:30PM – 9PM</b> CHAIYO TECHNIQUE SPARRING	

**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 Level 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 AVAILABLE MONDAY – SUNDAY** (All our highly qualify instructors offer private training. Please talk to the trainer of your choice to design a program that meets your needs)

**MUAY THAI KICKBOXING AND BOXING (ALL LEVELS)** – We provide one-on-one training for first time participants focusing on the basics. Warm-up includes jumping rope and stretching. The warm-up is followed by drills or shadow boxing without a partner, using combinations (e.g. strike-block-kick or jab-cross-hook) demonstrated by the instructor. The class is then broken down into pairs or small groups, separated by experience level. Each partner takes their turn performing the combination while the instructor provides feedback. These drills are done in timed rounds and include the use of pads, heavy bags, focus mitts, and kick pads. Drills are geared toward technique while others are geared towards cardio and endurance. Training is done without injury to participants or their partners through the use of proper equipment and protective gear. The class is an hour in length.

**MUAY THAI BORAN "ANCIENT BOXING"** – Muay Boran ("ancient boxing") is an umbrella term for the unarmed martial arts of Thailand prior to the introduction of modern equipment and rules in the 1930s. It is thus the direct ancestor of modern Muay Thai. The word *muay* which means "boxing" comes from the Sanskrit term *mavya* meaning to bind together. *Boran* or *boraan* means "ancient" in Thai. This art and technique trains the mind, body, and soul works together to achieve goals in life.

**STRENGTH & CONDITIONING (All Levels)** – All movements and workouts are scaled to accommodate beginners as well as seasoned athletes. The class format starts with the active warm-up incorporating dynamic stretching, and then moves on to an intense workout which consists of some basic strength movements followed with high intensity interval training. The class is completed with core work. Work outs are measured by time and/or weights being used so there are tangible results to help you reach your goals. The style of the workouts will provide balance to training programs to improve overall fitness. This class is for people who are looking to become stronger, faster, and a better learner or just to become an-all around better athlete. The class is an hour in length.

**ADVANCE MUAY THAI KICKBOXING/BOXING** – This class is for students who have built a strong foundation in all the level classes and are ready to show their Muay Thai/Boxing skills (about six months of consistent training). It also geared toward people who already have experience under their belts. Endurance and strength training is at a challenging level. Controlled sparring is covered so students must bring their own mouthpieces, 16 oz. gloves, and shin pads.

**SPARRING** - This class is for people who want to practice the skills that they learn in class in the ring. Protective gear and at least 6 months of training experience is required before participating in this class.

**KETTLEBELL** - This class offers full-body conditioning. The body learns to work as one synergistic unit linked strongly together. Kettlebell training involves multiple muscle groups and energy systems at once and increases resistance to injury. This training gives you the ability to work aerobically and anaerobically simultaneously. Improved mobility and range of motion and increased strength without increase of mass. Kettle bell exercisers are lean and toned, not bulky. Enhanced performance in athletics and everyday functioning (major calorie burning )In a recent study conducted by the highly respected American Council on Exercise, participants burned approximately 20 calories per minute – that's 1,200 calories per hour!).

**"EVERY PRO WAS ONCE AN AMATEUR. EVERY EXPERT WAS ONCE A BEGINNER".**

**"Training yourself to have a strong mental state helps you achieve your goals."**

- Master Cheetah, Muay Thai Grand Master