

Elite MUAY THAI

ADULT



YOUTH

Elite Brazilian Jiu-Jitsu is proud to offer Muay Thai Kickboxing for Adults and Youth (ages 5+). Muay Thai is considered by many to be the ultimate in hand-to-hand fighting. Muay Thai kickboxing is a professional and amateur sport, a martial art, aerobic fitness program and a useful form of self-defense. The Elite Muay Thai program is perfect for those who are looking to improve their fitness, learn self-defense techniques, or even compete in Muay Thai or MMA competitions.

CLASSES IN REDMOND AND FACTORIA

CALL 425 310 5261 **EMAIL** sales@bjjredmond.com **VISIT** bjjredmond.com or bjjfactoria.com

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