



Ask about FAMILY PACKAGE deals!

## **YOUTH MARTIAL ARTS PROGRAM**

IS CURRENTLY OFFERING INSTRUCTION IN *MUAY THAI*

**Tuesday and Thursday 5-6 pm**

**Benefits of Training Include:**

|                         |                     |
|-------------------------|---------------------|
| <b>Respect</b>          | <b>Self Control</b> |
| <b>Self Esteem</b>      | <b>Coordination</b> |
| <b>Physical Fitness</b> | <b>Self Defense</b> |

**261 Friend Street, Boston, MA, 02114 617-720-2422**  
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