

Mum Muay Thai

Group fitness sessions!

Kick, Punch, Knee, Elbow

While exercising with mates

With focused on Mums core strength movements

\$12 per 1 hour session

20 sessions over 10 week program

Tuesday and Thursday 9:30 435 Hughes Park

Croydon Hills

Contact Max

Commit2fitpro

0408523014

commit2fitpro@gmail.com

Bookings compulsory

