

# KIDS

## ACTIVITIES



DAY \ TIME	08:15 - 08:45 a.m.	10.00 - 11.00 a.m.	12:00 - 01:00 p.m.	04.00 - 05.00 p.m.
MON	Yoga for Kids	Muay Thai for Kids	Fun games	
TUE			Arts & Crafts	Yoga for Kids
WED	Tai Chi for Kids	Muay Thai for Kids	Thai Language lesson	
THU			Fun game	Tai Chi for Kids
FRI	"Little" Tabata	Muay Thai for Kids	Arts & Crafts	
SAT			Thai Language lesson	"Little" Tabata
SUN	Yoga for Kids	Muay Thai for Kids	Fun games	



Please contact us at any time if you wish to participate in any activity