

# SIHANATHANG MARTIAL ARTS



We invite you to come and experience the martial arts in a friendly and traditional setting. Sihanathang Martial Arts offers classes in Kickboxing and for the more advanced students Muay Thai. The program is designed to improve aerobic fitness and strength while becoming proficient in the art of kickboxing. We combine the physical components of training with the spiritual aspects of the martial arts by completing each session with light stretching and meditation.



This program is offered by the Muringsung Muay Thai Camp on behalf of the YWCA. All proceeds go towards to YWCA programming and the Isabel Johnson Shelter.

Beginner Class Monday/Wednesday 6:00pm-7:15pm

Intermediate/Advanced Class 7:15pm-8:30pm

Competitive Level 8:15pm

Saturday Open Gym 2:30pm-4:00pm

Location: Lower Level YWCA

1940 McIntyre Street, Regina

Contact Number: (306)-525-2141

Facebook Page: Sihanathang Martial Arts - Kickboxing/Muay Thai