

## Ascend Muay Thai and Fitness - Milpitas

milpitas



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## *Ascend Muay Thai and Fitness - Milpitas*

### **Welcome to Ascend Muay Thai and Fitness in Milpitas, California**

If you're searching for a **\*\*Muay Thai boxing gym\*\*** that prioritizes community, skill-building, and inclusivity, look no further than **\*\*Ascend Muay Thai and Fitness\*\***. Located in Milpitas, CA, this gym is perfect for individuals at any level—whether you're a beginner or an experienced fighter.

### **Membership Required**

Joining Ascend is more than just a membership; it's becoming part of a

supportive family. All new members are welcomed with open arms, and the coaches dedicate their time to ensure everyone feels comfortable and motivated. With a focus on personal growth, each class is designed to meet the needs of every individual.

## **Facilities and Amenities**

Ascend Muay Thai offers a range of amenities that enhance your training experience: - **\*\*Wheelchair-accessible car park:\*\*** Convenient access for all members. - **\*\*Wheelchair-accessible entrance:\*\*** Ensuring easy entry for everyone. - **\*\*Gender-neutral toilets:\*\*** Creating a comfortable environment for all. These features make Ascend a truly welcoming space for individuals and families alike.

## **Highlights of Training at Ascend**

The atmosphere at Ascend is relaxed yet focused, making it an ideal spot for newcomers. Coaches Chris and Jackie are not only highly skilled but also deeply invested in community building. Members have praised the gym for its fantastic technical training, emphasizing how the instructors tailor strategies to help students reach their personal goals.

## **Good for Kids**

Planning to enroll your children? Ascend offers engaging classes for children, where coaches are patient and create a fun learning environment. Parents have noted significant improvements in their children's confidence and skills. Many families have joined together, discovering the positive impact of training as a unit.

## **Discounts and Accessibility**

Active military personnel can enjoy special discounts, illustrating Ascend's commitment to giving back to those who serve. Additionally, the gym prides itself on being accessible to everyone, ensuring that individuals with varying physical needs can participate in classes without hindrance.

## **Why Choose Ascend Muay Thai and Fitness?**

With excellent coaching, a supportive community, and a focus on technical sophistication, Ascend Muay Thai and Fitness stands out among other gyms. Whether you're looking to get fit or compete, the environment fosters camaraderie and motivation. Regulars rave about the culture and respect shared among members, creating an unparalleled training experience. In conclusion, if you're ready to elevate your fitness journey through **\*\*Muay Thai\*\***, consider visiting Ascend Muay Thai and Fitness in Milpitas. The combination of expert coaching, a diverse community, and inclusive facilities makes it a top choice for anyone eager to learn and grow in this martial art.

## The location of our business is in

1759 S Main St Suite 128 (Building 5, 95035 Milpitas, California - United States (US)

The contact phone of said **Muay Thai boxing gym** is +1408-708-4004

And if you want to send a WhatsApp, you can do so at +1408-708-4004

## We look forward to seeing you at:

Day	Hours
Monday	10?AM–9?PM
Tuesday	10?AM–9?PM
Wednesday	10?AM–9?PM
Thursday	10?AM–9?PM
Friday	10?AM–9?PM
Saturday	10?AM–9?PM
Sunday	10?AM–9?PM

The website is Ascend Muay Thai and Fitness

If you need to alter any data that you believe is not precise concerning this portal, we urge you to send us a message so we can we will adjust it as soon as possible. In advance thank you very much.

## Images

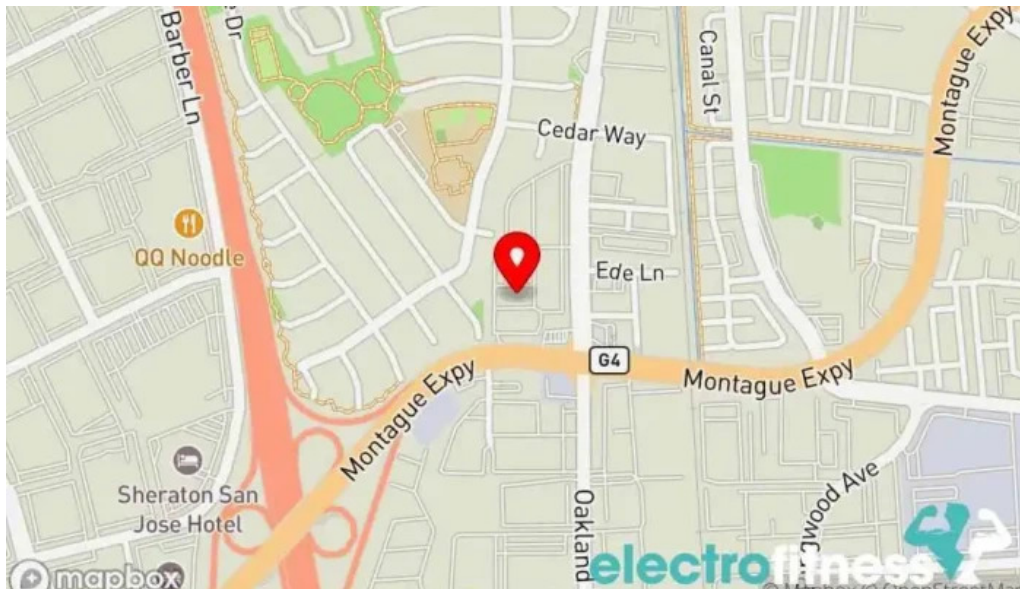


*Ascend muay thai and fitness street view 360deg*



*Ascend muay thai and fitness milpitas*





*Ascend muay thai and fitness map*



*Ascend muay thai and fitness gym*

**MONDAY-FRIDAY ADULT MT:  
11AM-12PM, 6PM-7PM  
ADVANCED MT: M-TH: 7PM-8PM  
WOMENS MT: FRIDAY @7PM  
SATURDAY: 10AM**

*Ascend muay thai and fitness by owner*



*Ascend muay thai and fitness boxing*



*Ascend muay thai and fitness all*

## Tags

*Membership required, Amenities, Wheelchair-accessible car park, Good for kids, Wheelchair-accessible entrance, Gender-neutral toilets, Accessibility, Planning, Highlights, Children, Active military discounts*

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acupuncture clinic
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aikido school
amusement center
amusement park ride
animal feed store
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apartment complex
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art gallery
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company



dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling

indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
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private golf course
psychotherapist
public educational institution
public library
public swimming pool
recreation center
rehabilitation center
resort hotel

restaurant
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rock climbing gym
rv park
sauna
school
school district office
self defense school
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soccer club
social club
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spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
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swimming pool
swimming school
taekwondo school
tanning salon
tennis club
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weightlifting area
wellness center
wellness program
women's organization
women's personal trainer

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yoga studio
youth center
youth organization