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WIMBLEDON MUAY THAI

TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9AM (60mins) NAK MUAY - Technique*	9AM (60mins) SPARRING*
	10.15AM (45mins) MUAY MAI XPRESS *Booking required	10.15AM (45mins) MUAY MAI XPRESS *Booking required	10.15AM (45mins) MUAY MAI XPRESS *Booking required		10AM (50mins) MUAY MAI - Beginners	10AM (50mins) MUAY MAI - Beginners
					11AM (45mins) MUAY DEK (6-15yrs) *Booking required	
4.30PM (45mins) MUAY DEK (9-15yrs) *Booking required	4.30PM (45mins) MUAY DEK (9-15yrs) *Booking required	4.30PM (45mins) KIDS PAD / SPAR* *Booking required	4.30PM (45mins) MUAY DEK (9-15yrs) *Booking required			
5.30PM (50mins) MUAY SIAM - Fitness	5.30PM (50mins) MUAY MAI - Beginners	5.30PM (50mins) MUAY SIAM - Fitness	5.30PM (50mins) MUAY MAI - Beginners	5.30PM (50mins) MUAY SIAM - Fitness		
6.30PM (50mins) MUAY MAI - Beginners	6.30PM (50mins) MUAY SIAM - Fitness	6.30PM (50mins) MUAY MAI - Beginners	6.30PM (50mins) MUAY SIAM - Fitness	6.30PM (50mins) MUAY MAI - Beginners		
	7.30PM (60mins) SPARRING (members)*		7.30PM (50mins) MUAY MAI - Beginners			

***TIMETABLE NOTES:** Gym closed over public holiday / long weekend periods and possible clashes with competition nights (Fridays). Timetable adjusted over Xmas / NY period

Booking required - class will be cancelled if less than 2 people book. If class reaches capacity, students may be turned away if not booked.

Kids classes - please note that we only have capacity for kids under 9yo in our Saturday 11AM-11.45AM Muay Dek class.

Sparring classes - full protective gear is required, including 16oz gloves, mouthguard, headgear and shinguards.

Nak Muay - Technique class - mouthguard required. Full protective gear recommended.

CLASS DESCRIPTIONS:

KIDS CLASSES:

MUAY DEK - Kids classes

All of our kids classes involve supervised pad / bag work, fitness and technique. Students will partner together and learn combo techniques and pad holding during partner pad work.

NOTE for Kids classes: Booking required. Kids classes may be cancelled if less than 2 people have booked. If class reaches capacity, students may be turned away if not booked. Please note that we only have capacity for kids under 9yo in our Saturday 11AM-11.45AM Muay Dek class.

KIDS PADWORK / SPARRING

This class involves partner pad work, light sparring drills and will work towards supervised freestyle sparring.

PRE-REQUISITE: Trainer approval required. Mouthguard and shinguards are required for this class. It is recommended to also have 16oz gloves and headgear. Booking required. Class may be cancelled if less than 2 people have booked.

ADULT CLASSES:

MUAY MAI - Beginners class

In this class you learn the basics, including technique and pad holding, with some fitness.

***NOTE for MUAY MAI XPRESS:** Booking required. Morning classes may be cancelled if less than 2 people have booked.

MUAY SIAM - Fitness class

Involving pad / bag work, this class is for students who understand the basics and have a moderate to high level of fitness.

PRE-REQUISITE: Must have completed Muay Mai class. Class requires moderate pad holding abilities for medium to long combinations of techniques.

NAK MUAY - Technique class

This class focuses on the application of muay thai and is for students who have mastered the basics and have a moderate level of fitness. The class will be based around sparring drills and may include pad / bag work and / or controlled sparring / clinching, with some fitness.

REQUIREMENTS: Must have completed Muay Mai class. Mouthguard is required for this class. Other sparring protective gear is recommended (shinguard, 16oz gloves and headgear).

SPARRING CLASS

This class involves both drills and freestyle in sparring and clinching. It focuses on the application of muay thai and is for students who have mastered the basics and have a high level of fitness.

REQUIREMENTS: Full protective gear required, including 16oz gloves, mouthguard, shinguards and headgear. Members only in Tuesday 7.30PM-8.30PM class. Casual students with prior experience in sparring are welcome on Sunday 9AM-10AM.