

Updated 1 January 2026

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# WIMBLEDON MUAY THAI

## TIMETABLE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9AM (50mins) MUAY SIAM - Fitness	9AM (60mins) OPEN PAD / 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* (9-15yrs) *Booking required	**4.30PM (45mins) MUAY DEK (6-9yrs) *Booking required *Avail until end 06/26			
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*		7.30PM (50mins) MUAY MAI - Beginners			

**\*TIMETABLE NOTES:** Gym closed over public holiday periods. 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.  
**Sparring classes** - full protective gear is required, including 16oz gloves, mouthguard, headgear and shinguards.

### 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.
<b>NOTE for Kids classes:</b> 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.
KIDS PADWORK / SPARRING
This class involves partner pad work, light sparring drills and will work towards supervised freestyle sparring.
<b>PRE- REQUISITE:</b> Trainer approval required. Full protective gear is required, including mouthguard, 16oz gloves, headgear and shinguards. 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.
<b>*NOTE for XPRESS:</b> 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.
<b>PRE- REQUISITE:</b> Must have completed Muay Mai class. Class requires moderate pad holding abilities for medium to long combinations of techniques.
SPARRING CLASS (Members only)
This class involves both drills and freestyle in sparring and clinching. It focuses on the application of muay thai and is for members who have mastered the basics and have a high level of fitness.
<b>PRE- REQUISITE:</b> Members only. Trainer approval required. Full protective gear required, including 16oz gloves, mouthguard, shinguards and headgear.
OPEN PAD AND SPARRING CLASS (Open to non-members)
This class focuses on the application of muay thai and is for students who have mastered the basics and have a high level of fitness. It may involve pad / bag work, sparring and / or clinching. This class is also open to non-members.
<b>REQUIREMENTS:</b> Full protective gear required, including 16oz gloves, mouthguard, shinguards and headgear.

#### \*\*TIMETABLE CHANGES FOR 2026 TO KIDS CLASSES FOR 6-8YOS:

Due to limited capacity to care for our younger group during the week, we will be phasing out our weekday classes for 6-8yos. We will hold limited spaces for EXISTING 6-8YO STUDENTS ONLY in our Muay Dek classes on MON and THURS 4.30PM-5.15PM. From 1 February 2026, we will only be accepting EXISTING 6-8YO MEMBERS in our Muay Dek classes on MON 4.30PM-5.15PM (no change to 9yo+). From July 2026, we will no longer be running Muay Dek classes on THURS 4.30-5.15PM. No change to SAT 11AM-11.45AM Muay Dek class