

# PURSUIT

MUAY THAI - STRENGTH - CONDITIONING

**PURSUIT** - HOME OF SMG MUAY THAI

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5/307 Stock Rd, O'Connor WA



## CLASS TIMETABLE

O'CONNOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>All Levels</b> 5:45 AM – 6:45 AM	<b>All Levels</b> 5:45 AM – 6:45 AM	<b>All Levels</b> 5:45 AM – 6:45 AM		
<b>All Levels</b> 9:30 AM – 10:30 AM	<b>All Levels</b> 9:30 AM – 10:30 AM	<b>All Levels</b> 9:30 AM – 10:30 AM	<b>All Levels</b> 9:30 AM – 10:30 AM	<b>All Levels</b> 9:30 AM – 10:30 AM	<b>All Levels</b> 9:00 AM – 10:30 AM
<b>Mini Morakots</b> 4-9 Year Olds 4:00 PM – 4:45 PM	<b>Mini Morakots</b> 4-9 Year Olds 4:00 PM – 4:45 PM	<b>Mini Morakots</b> 4-9 Year Olds 4:00 PM – 4:45 PM	<b>Mini Morakots</b> 4-9 Year Olds 4:00 PM – 4:45 PM		
<b>Junior Morakots</b> 10+ Year Olds 4:45 PM – 5:30 PM	<b>Junior Morakots</b> 10+ Year Olds 4:45 PM – 5:30 PM	<b>Junior Morakots</b> 10+ Year Olds 4:45 PM – 5:30 PM	<b>Junior Morakots</b> 10+ Year Olds 4:45 PM – 5:30 PM		
<b>Fighters</b> 5:30 PM – 7:15 PM	<b>Intermediate &amp; Fighters</b> 5:30 PM – 7:15 PM	<b>Fighters</b> 5:30 PM – 7:15 PM	<b>Intermediate &amp; Fighters</b> 5:30 PM – 7:15 PM		
<b>Foundations</b> 6:15 PM – 7:45 PM	<b>Foundations</b> 6:15 PM – 7:45 PM	<b>Foundations</b> 6:15 PM – 7:45 PM	<b>Foundations</b> 6:15 PM – 7:45 PM	<b>All Levels</b> 6:15 PM – 7:45 PM	

### Muay Thai Foundations for Beginners

If you are new to Muay Thai, not a problem - join in our Foundations class to learn the basic skills and techniques before you move into the Intermediate Class.

### Muay Thai Intermediate

Once you have mastered the basic Muay Thai techniques in the Foundations class you will be ready to take your training to the next level and join in this class. This class is for members only that have graded and passed the first 3 levels of the Pursuit grading syllabus.

### Muay Thai All Levels

This class suits all fitness and skill levels. This is the ultimate workout. Muay Thai not only builds physical fitness, it toughens your mind as well, instilling confidence, discipline and self-esteem and cultivating qualities such as courage, humility and the warrior spirit.

### Mini Morakots 5-9 years of age

For kids who're keen to learn but too young to join the big leagues, this class will teach 4-9 year old's confidence and self-discipline and start them on their journey for the love of Muay Thai.

### Junior Morakots 10+ years of age

A class that teaches 10+ year olds confidence and self-discipline practising Muay Thai: one of the world's most well respected forms of martial arts. They will become fit, build strength and increase their skill level for when they're ready to step up to the next level.

### Fighters

Fight Team is a closed session for those preparing for Muay Thai competition only. These sessions are invite only! Fight team members are required to be at sessions 30 minutes prior to the start time, having completed their runs and wraps on ready to go. If you'd like to get involved and challenge yourself, please speak to your clubs head coach.