



MUAY THAI

TIMETABLE SEP 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ALL LEVELS 5:45AM – 6:45AM		ALL LEVELS 5:45AM – 6:45AM		
ALL LEVELS 9:30AM – 10:30AM	ALL LEVELS 9:30AM – 10:30AM	ALL LEVELS 9:30AM – 10:30AM	ALL LEVELS 9:30AM – 10:30AM	ALL LEVELS 9:30AM – 10:30AM	ALL LEVELS 9:00AM – 10:30AM
MINI MUAY THAI (Age 4-9) 4:00 – 4:45 PM	MINI MUAY THAI (Age 4-9) 4:00 – 4:45 PM	MINI MUAY THAI (Age 4-9) 4:00 – 4:45 PM	MINI MUAY THAI (Age 4-9) 4:00 – 4:45 PM		FIGHTERS 9:30AM onwards PURSUIT BIBRA LAKE
JUNIOR MUAY THAI (Age 10+) 4:45 – 5:30 PM JUNIOR PICK UP 5:30 – 5:45PM	JUNIOR MUAY THAI (Age 10+) 4:45 – 5:30 PM JUNIOR PICK UP 5:30 – 5:45PM	JUNIOR MUAY THAI (Age 10+) 4:45 – 5:30 PM JUNIOR PICK UP 5:30 – 5:45PM	JUNIOR MUAY THAI (Age 10+) 4:45 – 5:30 PM JUNIOR PICK UP 5:30 – 5:45PM		
FOUNDATIONS (Khan 1-3) 5:45 – 6:45PM	ALL LEVELS 5:45 – 6:45PM	FOUNDATIONS (Khan 1-3) 5:45 – 6:45PM	ALL LEVELS 5:45 – 6:45PM	ALL LEVELS 5:30 – 6:30PM	
ALL LEVELS 6:45 – 7:45PM	FOUNDATIONS (Khan 1-3) 6:45 – 7:45PM	ALL LEVELS / SPARRING 6:45 – 8:00PM	FOUNDATIONS (Khan 1-3) 6:45 – 7:45PM		
FIGHTERS 6:30 PM onwards	FIGHTERS 6:30 PM onwards		FIGHTERS 6:30 PM onwards		



SOUTHERN RIVER *OUR PROGRAMS*

SCAN FOR YOUR
ONE CLASS PASS



ADULTS · ALL KHANS

ALL LEVELS

Designed for all practitioners, from beginners establishing their foundation to advanced athletes refining their technique.

This session covers the full spectrum of our Khan curriculum, integrating core mechanics with advanced striking concepts from our coaching team.

Beyond elite physical conditioning, this class is structured to forge mental resilience, discipline, and absolute confidence on the mats.

MON – SAT: MULTIPLE SESSIONS

KHAN 2 & ABOVE

ALL LEVELS / SPARRING

For members who have graded to Khan 2 and above, this session is the next step in your Muay Thai progression.

It integrates our core all-levels training with dedicated, supervised sparring rounds.

Under the strict guidance of our coaches, you will learn to apply techniques in a live setting, building the composure required for advanced training.

WEDNESDAY · 6:45 – 8:00 PM

INVITE ONLY · CLOSED CLASS

FIGHT TEAM

Reserved exclusively for the official Pursuit Fight Team.

This high-performance session is dedicated to advanced striking mechanics, tactical fight strategy, and elite-level conditioning. Entry is by invitation only.

To be considered, members must achieve Khan 3, maintain consistent training for a minimum of 12 months, and pass official team tryouts. speak directly with your coach to discuss the pathway.

MON – TUE – THURS : 6:45 – 8:00 PM

GRADING · 10-WEEK CYCLES

FOUNDATIONS

Whether you are stepping onto the mats for the first time or you are an experienced athlete refining your mechanics, this session provides a structured, ego-free environment designed to support your development. through an exclusive foundational curriculum developed by former World Champion Adam Bailey.

The cycle culminates in our official grading days, allowing you to test your progress and advance through the ranks alongside your team.

MON – THU· AFTERNOON & EVENING

AGES 10+

JUNIOR MUAY THAI

Accessible to youth of all fitness levels and athletic backgrounds, this program provides a supportive, ego-free environment for athletes aged 10+. We focus on building technical skill, discipline, and self-confidence in a highly structured setting.

All students begin at Khan 0 (White) and progress through a dedicated 5-tier Junior Khan system grading days run inline with the adult grading, providing students with clear goals and a measurable pathway for their development alongside their teammates.

MON – THU: 4:45 – 5:30 PM

AGES 4 – 9

MINI MUAY THAI

For the younger kids this session provides a supportive and ego-free environment for our youngest athletes. Tailored specifically for early-stage development, the Minis program introduces the fundamental mechanics of Muay Thai through an age-adjusted curriculum.

While the training remains highly engaging, our primary focus is on cultivating critical life skills—building early coordination, unwavering focus, and absolute self-confidence.

MON – THU: 4:00 – 4:45 PM