

# PURSUIT

PERFORMANCE CENTRE

# GROUP FITNESS

WWW.PURSUITMUAYTHAI.COM

SCAN ME



**MORLEY**

PH: (08) 9276 8166  
9/222 WALTER ROAD, MORLEY, WA

ONE CLASS PASS

MON	TUE	WED	THU	FRI	SAT	SUN
					BODY COMBAT 8:15AM - 9:15AM	
SUPER SENIORS 8:45AM - 9:30AM		SUPER SENIORS 8:45AM - 9:30AM		SUPER SENIORS 8:45AM - 9:30AM		
					ZUMBA 9:15AM - 10:15AM	
ATHLETIC STEP 9:30AM-10:15AM	BODY COMBAT 9:30AM-10:30AM	STEP/ SCULPT 9:30AM-10:30AM	PILATES 9:30AM-10:30AM			
PILATES 10:15AM-11:15AM				YOGALATES 10:15AM-11:15AM	FREESTYLE PUMP 10:15AM-11:15AM	YOGALATES 10:00AM-11:00AM
	DANCE FIT 10:30AM-11:30AM	PILATES 10:30AM-11:30AM	FREESTYLE PUMP 10:30AM-11:30AM			
BODY PUMP 5:30PM-6:30PM	PILATES 5:30PM-6:30PM	BODY COMBAT 5:30PM-6:30PM	PILATES 5:30PM-6:30PM	FREESTYLE DANCE 5:30PM-6:30PM		
PILATES 6:30PM-7:30PM	BODY PUMP 6:30PM-7:30PM	PILATES 6:30PM-7:30PM				

# PURSUIT

## PERFORMANCE CENTRE



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@PURSUIT MUAY THAI MORLEY



@PURSUIT MUAY THAI AUSTRALIA

# GROUP FITNESS

## BODY PUMP

Build massive confidence with the barbell! This low-impact, high-repetition workout will help you blast every muscle group and crush your strength goals in an upbeat group setting.

## PILATES

Find your fire through focus. We're building a rock-solid powerhouse and long, lean muscles using precise, intentional movements that improve your posture and core control from the inside out.

## BODY COMBAT

Unleash your inner warrior and empower your movement. This martial-arts-inspired session has you punching and kicking your way to fitness, with plenty of options to suit your own pace and impact level.

## FREESTYLE DANCE

Bass up. Lights low. Stress out. We're turning the studio into a global dance floor. From the heat of Latin rhythms to the world's biggest hits, it's high-octane energy meets low-pressure vibes. No experience? No problem. If you can feel the beat, you belong.

## YOGALATES

Core on fire. Mind at peace.  
Power in every breath.

The precision of Pilates meets the rhythmic flow of Yoga. It's a high-energy sculpt session wrapped in a soul-soothing flow. Whether you're here to find your zen or find your limits, come as you are; leave taller, stronger, and totally centered.

## ZUMBA

Ditch the workout and join the party! Latin rhythms & international hits for a dynamic, exciting sweat session that feels like a night out. It's high energy, low stress, and open to everyone.

## DANCE FIT

We're blending chart-toppers and global grooves, zero-stress, and built for every body. No choreography experience? Perfect. If you can feel the beat, you're doing it right. Leave the "reps" behind and just get lost in the movement.

## YOGA

Flow, breathe, and find your balance. This is a soulful journey to building strength and flexibility while restoring peace to your mind and spirit.

## SUPER SENIORS

Who says getting older means slowing down? Keep your edge in this safe, encouraging space designed to help you stay active, strong, and fearless at any age.

## ATHLETIC STEP

We're using the step as a launchpad for explosive energy and lightning-fast agility. It's you versus the bench in a high-intensity session where every rep counts and every jump matters. One step. Zero limits. Total athleticism.

## STEP/SCULPT

Feel the burn and see the change! Chisel your physique by combining targeted resistance with endurance moves designed to leave you feeling leaner, stronger, and totally toned.