

PURSUIT

MUAY THAI - STRENGTH - CONDITIONING

PURSUIT - HOME OF THE MAKO'S

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54 Reserve Dr, Mandurah WA 6210

CLASS TIMETABLE

MANDURAH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Conditioning 6:00 AM - 6:45 AM		Strength & Conditioning 6:00 AM - 6:45 AM		Strength & Conditioning 6:00 AM - 6:45 AM	Strength & Conditioning 7:45 AM - 8:45 AM
All Levels Muay Thai 9:00 AM - 10:00 AM	Strength & Conditioning 9:00 AM - 10:00 AM	All Levels Muay Thai 9:00 AM - 10:00 AM	Strength & Conditioning 9:00 AM - 10:00 AM	Muay Thai Foundations 9:00 AM - 10:00 AM	All Levels Muay Thai 9:00 AM - 10:00 AM
Mini Mako's 4-9 Year Olds 3:45 PM - 4:15 PM	Mini Mako's 4-9 Year Olds 3:45 PM - 4:15 PM	Mini Mako's 4-9 Year Olds 3:45 PM - 4:15 PM	Mini Mako's 4-9 Year Olds 3:45 PM - 4:15 PM	Mini Mako's 4-9 Year Olds 3:45 PM - 4:15 PM	Junior Muay Thai 10+ Year Olds 10:00 AM - 11:00 AM
Junior Muay Thai 10+ Year Olds 4:15 PM - 5:15 PM	Junior Muay Thai 10+ Year Olds 4:15 PM - 5:15 PM	Junior Muay Thai 10+ Year Olds 4:15 PM - 5:15 PM	Junior Muay Thai 10+ Year Olds 4:15 PM - 5:15 PM	Junior Muay Thai 10+ Year Olds 4:15 PM - 5:15 PM	
Strength & Conditioning 5:30 PM - 6:15 PM		HIIT 5:30 PM - 6:15 PM	Strength & conditioning 5:30 PM - 6:15 PM		
Muay Thai Foundations 5:30 PM - 6:30 PM	Intermediate/Advanced Sparring 5:30 PM - 6:30 PM	Muay Thai Foundations 5:30 PM - 6:30 PM	Intermediate/Advanced Sparring 5:30 PM - 6:30 PM		
Intermediate/Advanced Muay Thai 6:30 PM - 7:30 PM	Boxing 6:00 PM - 7:00 PM	Intermediate/Advanced Muay Thai 6:30 PM - 7:30 PM	Boxing 5:30 PM - 6:15 PM		

Muay Thai Foundations

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.

Intermediate/Advanced Muay Thai

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.

All Levels Muay Thai

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.

Strength & Conditioning

Strength and Conditioning training builds a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance. Developed specifically to improve performance in athletic competition, it also helps with injury prevention.

Mini Mako's 4-9 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 Muay Thai 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.

HIIT

A high intensity interval training workout designed to improve strength and cardiovascular fitness, and build lean muscle.

Boxing

Boxing is an intensive but fun exercise class based on the training concepts of punching with the fists. It's no wonder professional boxers are able to maintain a lean, lightweight frame.