

# PURSUIT

MUAY THAI - STRENGTH - CONDITIONING

PURSUIT -HOME OF THE MAKOS

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| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                                |
|--|--|--|--|--|---|
|  |  |  |  |  |   |
| <b>All Levels</b><br>9:30 AM - 10:30 AM                    | <b>All Levels</b><br>9:30 AM - 10:30 AM                    | <b>All Levels</b><br>9:30 AM - 10:30 AM                    | <b>All Levels</b><br>9:30 AM - 10:30 AM                    | <b>Foundations<br/>for Beginners</b><br>9:30 AM - 10:30 AM | <b>All Levels</b><br>9:00 AM - 10:30 AM |
| <b>Mini Mako's</b><br>4-9 Year Olds<br>4:00 PM - 4:45 PM   | <b>Mini Mako's</b><br>4-9 Year Olds<br>4:00 PM - 4:45 PM   | <b>Mini Mako's</b><br>4-9 Year Olds<br>4:00 PM - 4:45 PM   | <b>Mini Mako's</b><br>4-9 Year Olds<br>4:00 PM - 4:45 PM   |  |   |
| <b>Junior Mako's</b><br>10+ Year Olds<br>4:45 PM - 5:30 PM | <b>Junior Mako's</b><br>10+ Year Olds<br>4:45 PM - 5:30 PM | <b>Junior Mako's</b><br>10+ Year Olds<br>4:45 PM - 5:30 PM | <b>Junior Mako's</b><br>10+ Year Olds<br>4:45 PM - 5:30 PM |  |   |
| <b>All Levels</b><br>5:30 PM - 6:30 PM                     | <b>Foundations<br/>for Beginners</b><br>5:30 PM - 6:30 PM  | <b>All Levels</b><br>5:30 PM - 6:30 PM                     | <b>Foundations<br/>for Beginners</b><br>5:30 PM - 6:30 PM  |  |   |
| <b>Foundations</b><br>6:30 PM - 7:45 PM                    | <b>All Levels</b><br>6:30 PM - 7:45 PM                     | <b>Foundations</b><br>6:30 PM - 7:45 PM                    | <b>All Levels</b><br>6:30 PM - 7:45 PM                     | <b>Foundations</b><br>6:30 PM - 7:45 PM                    |   |

## 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.

## Muay Thai Foundations

If you are new to Muay Thai, no problem - join in our Foundations class to learn the basic skills and techniques before you move into the Intermediate Class.

## Mini Muay Thai 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 olds 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.