

# WIMBLEDON MUAY THAI TIMETABLE



**Text:** 021 054 4478  
**Email:** wimbledonmuaythai@gmail.com  
**Website:** www.wimbledonmuaythai.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9AM (50mins) MUAY SIAM	9AM (60mins) OPEN PAD / SPARRING*
	10.15AM (45mins) MUAY MAI XPRESS *Booking required	10.15AM (45mins) MUAY MAI XPRESS *Booking required	10.15AM (45mins) MUAY MAI XPRESS *Booking required		10AM (50mins) MUAY MAI	10AM (50mins) MUAY MAI
					11AM (45mins) MUAY DEK (kids mixed age) *Booking required	
4.30PM (45mins) MUAY DEK (kids mixed age) *Booking required	4.30PM (45mins) MUAY DEK (10-15yrs) *Booking required	4.30PM (45mins) KIDS PAD/SPAR* (10-15yrs) *Booking required	4.30PM (45mins) MUAY DEK (6-9yrs) *Booking required			
5.30PM (50mins) MUAY SIAM	5.30PM (50mins) MUAY MAI	5.30PM (50mins) MUAY MAI	5.30PM (50mins) MUAY MAI	5.30PM (50mins) MUAY SIAM		
6.30PM (50mins) MUAY MAI	6.30PM (50mins) MUAY SIAM	6.30PM (50mins) MUAY SIAM	6.30PM (50mins) MUAY SIAM	6.30PM (50mins) MUAY MAI		
7.30PM (60mins) FIGHTERS ONLY*	7.30PM (60mins) BEGINNER SPARRING*	7.30PM (60mins) FIGHTERS ONLY*	7.30PM (50mins) MUAY MAI			

**\*TIMETABLE NOTES:** **Booking required** - class will be cancelled if less than 2 people book. Members can book online via our website. Casual students can message / email us to book. If class reaches capacity, students may be turned away if not booked.  
**Sparring classes** - full protective gear is required, including 16oz gloves, mouthguard, headgear and shinguards.  
 Gym closed over public holiday periods.

## CLASS DESCRIPTIONS:

### KIDS CLASSES:

#### MUAY DEK - Kids class (all levels)

All of our kids classes involve supervised pad / bag work, fitness and technique. Classes are categorised by age groups. Mixed age classes are open to both the older and younger groups.  
 - **6-9yrs** - the younger kids group will involve more bag work and pad work with the trainer.  
 - **10-15yrs** - the older kids group will learn pad holding during partner pad work.

**NOTE:** Booking required. Kids classes may be cancelled if less than 2 people have booked. If class reaches capacity, students may be turned away if not booked.

#### KIDS PADWORK / SPARRING (10-15yrs)

This class is for the older kids group only. It involves partner pad work, light sparring drills and will work towards supervised freestyle sparring.

**PRE-REQUISITE:** Trainer approval required. Full protective gear is required, including mouthguard, 16oz gloves, headgear and shinguards.  
 Booking required. Class may be cancelled if less than 2 people have booked.

### ADULT CLASSES:

#### MUAY MAI - Beginners class

In this class you learn the basics, including technique and pad holding, with some fitness.

**\*NOTE:** Booking required. Morning classes may be cancelled if less than 2 people have booked.

#### MUAY SIAM - Fitness class

Involving pad / bag work, this class is for students who understand the basics and have a moderate to high level of fitness.

#### BEGINNER SPARRING CLASS

This class is an introduction to sparring and involves both drills and freestyle in sparring and clinching. It focuses on the application of muay thai and is for members who have mastered the basics and have a high level of fitness.

**PRE-REQUISITE:** Members only. Trainer approval required. Full protective gear required, including 16oz gloves, mouthguard, shinguards and headgear.

#### OPEN PAD AND SPARRING CLASS (Open to non-members)

This class focuses on the application of muay thai and is for students who have mastered the basics and have a high level of fitness. It may involve pad / bag work, sparring and / or clinching. This class is also open to non-members.

**PRE-REQUISITE:** Full protective gear required, including 16oz gloves, mouthguard, shinguards and headgear.

#### FIGHTERS ONLY CLASS

**PRE-REQUISITE:** Trainer approval required. For fighters membership only. Full protective gear required, including 16oz gloves, mouthguard, shinguards and headgear.