

# PURSUIT

MUAY THAI - STRENGTH - CONDITIONING

PURSUIT - HOME OF THE BUCCANEERS

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Bibra Lake, WA



## BIBRA LAKE

# TIME TABLE FROM 16TH SEPTEMBER 24

## CLASSES

### ADVANCED & FIGHTERS (INVITE ONLY)

ADVANCED & FIGHTERS IS A CLOSED SESSION FOR THOSE WHO HAVE GRADED TO KHAN 3 & ABOVE OR ARE PREPARING FOR MUAY THAI COMPETITION ONLY.

TO BECOME PART OF OUR ADVANCED & FIGHTERS CLASSES YOU WILL NEED TO SUCCESSFULLY GRADE AND PASS YOUR FIRST THREE KHANS (WHITE, YELLOW & ORANGE) TO BE INVITED DOWN TO THESE INVITE ONLY CLASSES

SPEAK WITH YOUR HEAD COACH TO FIND OUT MORE!

### FOUNDATIONS

LEARN THE FOUNDATIONAL TECHNIQUES AND SKILLS OF MUAY THAI FROM OUR GRADING CURRICULUM WRITTEN BY FORMER WORLD CHAMPION AND OWNER ADAM BAILEY. THE TECHNIQUES AND SKILLS YOU WILL LEARN IN THESE CLASSES ARE ALSO THE TECHNIQUES YOU WILL BE TESTED ON WHEN PROGRESSING THROUGH OUR GRADING SYSTEM. THIS CLASS IS OPEN TO ALL MEMBERS WHETHER NEW TO MUAY THAI OR WANTING TO FURTHER DEVELOP ON THE FOUNDATIONAL SKILLS.

### JUNIOR MUAY THAI

#### AGES 10+

OUR CLASS FOR THE BIGGER KIDS AGED 10 AND OVER. OUR JUNIORS BUILD THEIR SKILLS AND GAIN CONFIDENCE WHILST PRACTICING MUAY THAI. JUNIOR'S BUILD STRENGTH AND DEVELOP ON THEIR FOUNDATIONAL SKILLS FOR WHEN THEY ARE READY TO STEP UP TO THE NEXT LEVEL.

### MINI MUAY THAI

#### AGES 4 TO 9

THE PERFECT CLASS FOR CHILDREN WHO ARE KEEN TO LEARN BUT TOO YOUNG TO JOIN THE BIG LEAGUES! OUR MINI CLASSES TEACH CONFIDENCE, SELF DISCIPLINE AND THE BASICS OF MUAY THAI IN A FUN AND ENGAGING ENVIRONMENT, STARTING THEM ON THEIR JOURNEY FOR THE LOVE OF MUAY THAI!

### ALL LEVELS

THIS CLASS SUITS ALL FITNESS AND SKILL LEVELS! MUAY THAI NOT ONLY BUILDS PHYSICAL FITNESS, IT TOUGHENS YOUR MIND AS WELL. INSTILLING CONFIDENCE, DISCIPLINE AND CULTIVATING QUALITIES SUCH AS COURAGE, HUMILITY AND THE WARRIOR SPIRIT. THIS CLASS IS OPEN TO ALL MEMBERS

MON	TUE	WED	THU	FRI	SAT
	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 Buccs 4:00pm - 4:45pm	Mini Buccs 4:00pm - 4:45pm	Mini Buccs 4:00pm - 4:45pm	Mini Buccs 4:00pm - 4:45pm		
Junior Buccs 4:45pm - 5:30pm	Junior Buccs 4:45pm - 5:30pm	Junior Buccs 4:45pm - 5:30pm	Junior Buccs 4:45pm - 5:30pm		
FIGHTERS (INVITE ONLY) 5:30PM - 7:15PM	Foundations 5:30pm - 6:30pm	All Levels 5:30pm - 6:30pm	Foundations 5:30pm - 6:30pm	FIGHTERS (INVITE ONLY) 5:30PM - 7:15PM	
Foundations 6:30pm - 7:45pm	ADVANCED & FIGHTERS (INVITE ONLY) 6:30PM - 7:45PM	Foundations 6:30pm - 7:45pm	ADVANCED & FIGHTERS (INVITE ONLY) 6:30PM - 7:45PM		