

TEAM STALDER MUAY THAI

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.15 – 6.15 AM	MUAY THAI & FITNESS	PERSONAL TRAINING AVAILABLE TILL 1.30PM BY APPOINTMENT 5 DAYS A WEEK	MUAY THAI & FITNESS	PERSONAL TRAINING AVAILABLE TILL 1.30PM BY APPOINTMENT 5 DAYS A WEEK	MUAY THAI & FITNESS
4 - 5 PM	PERSONAL TRAINING 30MINS AVAILABLE	TSMT KIDS TSMT TEENS	PERSONAL TRAINING 30MINS AVAILABLE	TSMT KIDS TSMT TEENS	PERSONAL TRAINING 30MINS AVAILABLE
5 - 5.30 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
5.30 – 6.30 PM	BEGINNERS & INTERMEDIATE	MUAY THAI & FITNESS	STRENGTH & CORE	BEGINNERS & INTERMEDIATE	BEGINNERS & INTERMEDIATE
6.30 – 7.30 PM	SPARRING (INVITE ONLY) & OPEN GYM	COMBOS & TECHNIQUE	BEGINNERS & INTERMEDIATE	SPARRING (INVITE ONLY) & OPEN GYM	CLINCHING ALL LEVELS

SESSION INFORMATION

MUAY THAI FITNESS

60 Minutes of traditional Muay Thai, pad work, bag work, body weight, light weights & cardio combined

TSMT KIDS 4-11 YRS

60 Minutes focusing on technique, combinations, confidence, discipline, respect & fitness

TSMT TEENS 12-15 YRS

60 Minutes of pad work, bag work, traditional Muay Thai techniques, confidence building, fitness & sparring

BEGINNERS & INTERMEDIATE

60 minutes of partner combinations, pad work, bag work using traditional Muay Thai techniques & fitness

SPARRING & OPEN GYM

60 Minutes of controlled contact by invite only. No mouth guard or groin guard, no sparring! Also open gym to do your own workout / training.

CLINCHING ALL LEVELS

Clinching techniques, moderate safe contact to meet your level in a controlled environment. Lots to learn!

COMBOS & TECHNIQUE

60 Minutes of traditional Muay Thai weapons broken down with a hands-on approach

STRENGTH & CORE

60 Minutes increasing strength, testing your limits & focusing on the core

JNR FIGHT TEAM 5-15 YRS

75-105 Minutes training to compete. These sessions are only available after an expressed interest and meeting with Brodie & Elise Stalder

SNR FIGHT TEAM 15+YRS

120 Minutes training to compete. These sessions are only available after an expressed interest and meeting with Brodie & Elise Stalder

PERSONAL TRAINING

30 Minute & 60 Minute sessions available for individual, semi private and small groups with Brodie or Elise Stalder

