

TEAM STALDER MUAY THAI

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.30 – 6.30 AM					
4.15 - 5 PM	JNR FIGHT TEAM	JNR FIGHT TEAM	JNR FIGHT TEAM	JNR FIGHT TEAM	JNR FIGHT TEAM
5 - 6 PM	75 MINS	120 MINS	75 MINS	120 MINS	75 MINS
6 - 7 PM	↓ SNR FIGHT TEAM	↓ SNR FIGHT TEAM	↓ SNR FIGHT TEAM	↓ SNR FIGHT TEAM	↓ SNR FIGHT TEAM
7 – 7.45 PM	135 MINS	135 MINS	135 MINS	135 MINS	135 MINS

SESSION INFORMATION

MUAY THAI FITNESS

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

TSMT KIDS 5-11 YRS

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

TSMT TEENS 12-16 YRS

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

BEGINNERS & INERMEDIATE

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

ADULT FITNESS

45 Minutes of non-stop movement using Muay Thai weapons, cardio, body weight, light-mod weights & much more

LADIES ONLY MUAY THAI FITNESS

60 Minutes to get fit, burn calories, learn how to punch / kick / knee / elbow, build confidence & have fun with the ladies

TECHNIQUE

45 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 5-16 YRS

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

SNR FIGHT TEAM 17+YRS

135 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

