



SOUTHSIDE MUAY THAI IS YOUR FAMILY TRAINING CENTRE
MUAY THAI MARTIAL ART
 TRAINING PROGRAM FOR EVERYDAY PEOPLE
Self Defence, Confident, Discipline and Sport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FIGHT TEAM 6:00 – 7:30AM	FIGHT TEAM 6:00 – 7:30AM	FIGHT TEAM 6:00 – 7:30AM	FIGHT TEAM 6:00 – 7:30AM	FIGHT TEAM 6:00 – 7:30AM
		MUAY THAI ALL LEVEL 6:30 – 7:30AM		MUAY THAI ALL LEVEL 6:30 – 7:30AM	MUAY THAI FUNDAMENTAL 8:30 – 9:40AM
	MUAY THAI ALL LEVEL 12:00 – 1:00PM		MUAY THAI ALL LEVEL 12:00 – 1:00PM		
JUNIOR TIGER 4:00 – 4:45	JUNIOR TIGER 4:00 – 4:45	JUNIOR TIGER 4:00 – 4:45	JUNIOR TIGER 4:00 – 4:45		
FIGHT TEAM 5:30 – 7:25PM	FIGHT TEAM 5:30 – 7:25PM	FIGHT TEAM 5:30 – 7:25PM	FIGHT TEAM 5:30 – 7:25PM	FIGHT TEAM 5:30 – 7:25PM	
MUAY THAI NOVICE ADVANCED 5:00 – 6:00PM	SPARRING ALL LEVEL 5:00 – 6:00PM	MUAY THAI NOVICE ADVANCED 5:00 – 6:00PM	MUAY THAI NOVICE ADVANCED 5:00 – 6:00PM	FUNDAMENTAL SPARRING DRILLS 5:00 – 6:00PM	
MUAY THAI FUNDAMENTAL 5:00 – 6:00PM	MUAY THAI FUNDAMENTAL 5:00 – 6:00PM	MUAY THAI FUNDAMENTAL 5:00 – 6:00PM	MUAY THAI FUNDAMENTAL 5:00 – 6:00PM		
MUAY THAI NOVICE ADVANCED 6:15 – 7:25PM	MUAY THAI NOVICE ADVANCED 6:15 – 7:25PM	MUAY THAI NOVICE ADVANCED 6:15 – 7:25PM		SPARRING ALL LEVEL 6:00 – 7:00PM	
MUAY THAI FUNDAMENTAL 6:15 – 7:25PM	MUAY THAI FUNDAMENTAL 6:15 – 7:25PM	MUAY THAI FUNDAMENTAL 6:15 – 7:25PM		FIGHT TEAM 6:00 – 7:00pm	