

Bulldog Muay Thai Gym Current Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3:00							
4:00					Muay Thai Kids Class		
5:00					Muay Thai All Levels	Muay Thai Training Camp	
6:00					Muay Thai Sparring		
7:00	Muay Thai Intermediate	BJJ Beginners	Muay Thai Intermediate	BJJ Beginners	Muay Thai Sparring		
8:00	Muay Thai Beginner	Muay Thai All Levels	Muay Thai Beginner	Muay Thai All Levels			
9:00							
10:00							
11:00							

Students Must Arrive 10 Minutes early and wear clean workout gear (uniform) and be stretched for class.

All Gear and training equipment MUST be purchase and approved by Bulldog Muay Thai (this is to give consideration to our sponsors who support our gym and help us with gear).

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Class Descriptions & Requirements

MUAY THAI

This class covers the basic elements of Muay Thai (an ancient martial art and the national sport of Thailand) in a safe and controlled environment. The student will learn to punch, elbow, knee and kick. Training includes skipping rope, calisthenics, shadow boxing, technique, Thai pad work and/or heavy bag work, clinching and kneeing and abdominal exercises.

In Muay Thai, Level 1 & 2 training includes advanced techniques, sparring and ring tactics.

Uniform Requirement: Muay Thai Shorts, Official Training Shirt or Tank Top

Equipment: Sparring Gear (Boxing Gloves, Shin Guards, Head Gear (optional), Mouthpiece and Athletic Cup and Supporter

BRAZILIAN JIU JITSU

Brazilian Jiu-Jitsu originated in Brazil and was founded and developed by the Gracie family. The strength of Brazilian Jiu-Jitsu is taking the fight to the ground by utilizing grappling techniques to subdue the opponent. The class covers basics and incorporates drills and submissions including chokes, arm locks and leg locks. All skill levels welcome.

Uniform Requirement: Jiu-Jitsu Gi

MUAY THAI CAMP

The 2-hour training session is run like a traditional fight Camp in Thailand. Students are expected to keep busy (skip rope, shadow box and bag work). Training includes pad work, clinch and kneeing and sparring. Muay Thai Camp is a prerequisite for those interested in training for competition; however, beginners are encouraged to participate at their appropriate level.

Uniform Requirement: Muay Thai Shorts

Equipment: Sparring Gear (Boxing Gloves, Shin Guards, Head Gear (optional), Mouthpiece and Athletic Cup and Supporter