

SITYODTONG ★ USA

PREPARE FOR VICTORY

160 N. Rosemead Blvd., Pasadena, CA 91107 / Tel: (626) 577-7800 / SityodtongUSA.com

CLASS SCHEDULE

(New Classes Effective Jan. 2, 2012)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Fight Fit Boot Camp STRENGTH & CONDITIONING	Fight Fit Boot Camp FIGHT FIT CONDITIONING	Fight Fit Boot Camp 10K RUN 5K WALK	Fight Fit Boot Camp MUAY THAI FITNESS	Fight Fit Boot Camp MMA FITNESS		
7:00am	MMA FITNESS	STRENGTH & CONDITIONING	MMA FITNESS	STRENGTH & CONDITIONING	MMA FITNESS		
8:15am	LEAN BODY SCUPLT	MUAY THAI FITNESS	LEAN BODY SCUPLT	MUAY THAI FITNESS	LEAN BODY SCUPLT	EXTREME CONDITIONING	
9:15am	BOXING FITNESS	BOXING	BOOMER BOXING (Age 40+ Only)	BOXING	BOXING FITNESS	BRAZILIAN JIU JITSU LADIES ONLY	YOGA STRETCH
10:15am	MUAY THAI	BRAZILIAN JIU JITSU	MUAY THAI	BRAZILIAN JIU JITSU	MUAY THAI	MUAY THAI FITNESS	YOGA CORE FIT
11:15am	YOGA STRETCH	MUAY THAI	CLINCH & KNEE	MUAY THAI	YOGA STRETCH	BOOMER BOXING (Age 40+ Only)	
12:15pm	STRENGTH & CONDITIONING	MUAY THAI FITNESS	STRENGTH & CONDITIONING	MUAY THAI FITNESS	STRENGTH & CONDITIONING	(12:15 - 2:15pm) MUAY THAI FIGHT CAMP	
Closed Daily 1:30 - 3:30pm							
3:30pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	(12:15 - 1:15pm) POWER HOUSE TRAINING (Weight Room)	
4:30pm	MUAY THAI FITNESS (Main Floor)	MUAY THAI (Main Floor/Boxing Ring)	MUAY THAI FITNESS (Main Floor)	MUAY THAI (Main Floor/Boxing Ring)	MUAY THAI FITNESS (Main Floor)		
4:30pm	LEAN BODY SCUPLT (Weight Room)	POWER HOUSE TRAINING (Weight Room)	LEAN BODY SCUPLT (Weight Room)	POWER HOUSE TRAINING (Weight Room)	LEAN BODY SCUPLT (Weight Room)		
5:30pm	MUAY THAI (Main Floor/Boxing Ring)	STRENGTH & CONDITIONING (Main Floor)	MUAY THAI (Main Floor/Boxing Ring)	STRENGTH & CONDITIONING (Main Floor)	MUAY THAI (Main Floor/Boxing Ring)		
5:30pm	BRAZILIAN JIU JITSU LEVEL 1 (MMA Floor/Cage)	BRAZILIAN JIU JITSU LEVEL 1 (MMA Floor/Cage)	BRAZILIAN JIU JITSU LEVEL 1 (MMA Floor/Cage)	BRAZILIAN JIU JITSU LEVEL 1 (MMA Floor/Cage)	BRAZILIAN JIU JITSU LEVEL 1 (MMA Floor/Cage)		
6:30pm	BOXING (Main Floor/Boxing Ring)	MUAY THAI (Main Floor/Boxing Ring)	BOXING (Main Floor/Boxing Ring)	MUAY THAI (Main Floor/Boxing Ring)	BOXING (Main Floor/Boxing Ring)		
6:30pm	FIGHT FIT CONDITIONING (Weight Room/MMA Floor)	LEAN BODY SCUPLT (Weight Room)	FIGHT FIT CONDITIONING (Weight Room/MMA Floor)	LEAN BODY SCUPLT (Weight Room)	FIGHT FIT CONDITIONING (Weight Room/MMA Floor)		
7:30pm	MUAY THAI FITNESS (Main Floor)	MUAY THAI (Main Floor/Boxing Ring)	MUAY THAI FITNESS (Main Floor)	MUAY THAI (Main Floor/Boxing Ring)	WAI KRU (Boxing Ring)		
7:30pm	POWER HOUSE TRAINING (Weight Room)		POWER HOUSE TRAINING (Weight Room)		POWER HOUSE TRAINING (Weight Room)		
7:30pm	MMA (MMA Floor/Cage)	(7:30 - 9:00pm) BRAZILIAN JIU JITSU LEVEL 2 (MMA Floor/Cage)	MMA (MMA Floor/Cage)	(7:30 - 9:00pm) BRAZILIAN JIU JITSU LEVEL 2 (MMA Floor/Cage)	MMA (MMA Floor/Cage)		
8:30PM	MMA FIGHT TRAINING (MMA Floor/Cage)	MUAY THAI FIGHT TRAINING (Main Floor/Boxing Ring)	MMA FIGHT TRAINING (MMA Floor/Cage)	COMPEITION SPARING (Boxing Ring)	MMA FIGHT TRAINING (MMA Floor/Cage)		

PRIVATE TRAINING AVAILABLE BY APPOINTMENT

FIGHT FIT BOOT CAMP. .Lose 10 lbs. in 30-Days. Guaranteed.

FIGHT FIT BOOT CAMP is a 4-week session. The cost includes Unlimited Training, an easy to follow Nutrition Guide, a 30-Day Menu Plan and a Comprehensive Food Journal. Discounts and upgrades are available to enrolled students. Pre-registration is required and all fitness levels are welcomed.

MUAY THAI FITNESS **MMA FITNESS** **BOXING FITNESS**

The MUAY THAI FITNESS, the MMA FITNESS and the BOXING FITNESS workouts prove that, "You don't have to be a Fighter to train like one." These cardio-based classes focus on the fitness and conditioning attributes of the sport. The workout combines skipping rope, basic technique, conditioning drills, calisthenics, bodyweight exercises and resistance training. Contact is limited to equipment training only such as; Thai pad and focus mitt drills, heavy bag work and MMA bags for the notorious "ground and pound". The tough-love workouts are fun; safe, challenging and burn an insane amount of calories. Training accommodates all levels of fitness and modifications are offered for those just starting out.

Dress Code: (Muay Thai Fitness/Boxing Fitness) Athletic attire, Muay Thai/Boxing shorts (optional)
Dress Code: (MMA Fitness) MMA shorts

Equipment: Hand Wraps Bag or Boxing Gloves
Equipment: Hand Wraps, Bag or Boxing Gloves, MMA Gloves preferred

STRENGTH and CONDITIONING **EXTREME CONDITIONING**

The STRENGTH and CONDITIONING class emphasis is on "functional" and "explosive" training to enhance athletic performance, increase strength, develop muscle endurance and improve muscle strength. The workout includes training with Kettle Bells, dumbbells, bodyweight exercises and much more. The class accommodates all fitness levels. The EXTREME CONDITIONING class takes the Strength and Conditioning workout up a couple Extreme notches. The training maybe tough, but the results will be worth it.

Dress Code: Athletic Attire, Running or Cross Training Shoes (shoes needed for the outdoor segment of Extreme Conditioning)

Equipment: Weight Lifting Gloves (optional)

LEAN BODY SCULPT **POWER HOUSE TRAINING**

The LEAN BODY SCULPT workout utilizes weight training to help develop a strong, lean and athletic physique. The class format includes training major muscle groups to build, shape, strengthen and sculpt problem areas. Developing lean muscle mass also increases the body's metabolic rate to help burn fat.

POWER HOUSE TRAINING is for those who want to pump up and power up. The class is for individuals who are serious about getting bigger and stronger by building size and quality muscle. Weight training builds muscle, strengthens connective tissue and increases lean body mass. The class is open to all levels of fitness and experience.

Dress Code: Athletic Attire

Equipment: Weight Lift Gloves, Weight Lifting Belt (optional)

YOGA STRETCH **YOGA CORE FIT**

YOGA STRETCH is an individual experience and encourages a noncompetitive spirit. The poses are done slowly to insure proper alignment. Yoga Stretch improves flexibility, focus and balance while promoting relaxation and injury prevention. The YOGA CORE FIT class incorporates numerous poses to help develop a stronger abdominal core. All is welcome.

Dress Code: Comfortable Attire

Equipment: Yoga Mat

MUAY THAI **MUAY THAI FIGHT CAMP** **WAI KRU (Warrior Dance)**

The MUAY THAI class covers the basic elements of Authentic Muay Thai (an ancient martial art, the national sport of Thailand and a major component in Mixed Martial Arts training) in a safe and controlled environment. The student will learn the science of eight limbs; to punch, elbow, knee and kick. Training includes skipping rope, calisthenics, plyometrics, body weight exercises, shadow boxing, offensive and defensive techniques, Thai pad work and/or heavy bag work, clinching and kneeling and core strengthening. All skill and fitness levels are welcome.

Uniform Requirement: Muay Thai Shorts, Sityodtong T-Shirt or Tank Top

Equipment: Hand Wraps, Bag or Boxing Gloves

MUAY THAI FIGHT CAMP is not suggested for first-timers or beginners. The 2-hour session is run like the legendary Sityodtong, Thailand. Students are expected to keep busy (skip rope, shadow box and heavy bag work). Training includes pad work, clinch and kneeling and sparring. Muay Thai Camp is a prerequisite for those interested in training for competition.

Uniform Requirement: Muay Thai Shorts, Sityodtong T-Shirt or Tank Top

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

WAI KRU, translated means "Respect to your Teacher". The Wai Kru is a ceremonial dance performed prior to a bout. The class teaches several different types of Wai Kru's including "Phom See Na" and "Chang Chu Uang" which is specific to Sityodtong Camp in Thailand. Variations will be given to suit each level. It is required for all Team Sityodtong LA fighters to learn and perform the Wai Kru.

Uniform Requirement: Muay Thai Shorts, Sityodtong T-Shirt or Tank Top

COMPETITION TRAINING **MUAY THAI FIGHT TRAINING**

COMPETITION TRAINING is for serious students who want to test their skills and/or train for competition. Sparring is in the ring and students are matched up according to their experience and weight.. The MUAY THAI FIGHT TRAINING class is for students preparing for a fight and active fighters only. Acceptance into class must be cleared by the Head Coach, Kru Walter Michalowski. For the Uniform and Equipment Requirements see MUAY THAI FIGHT CAMP.

BOXING **BOOMER BOXING (Age 40+ Only)**

This BOXING class is not a fitness based workout; it's real Boxing taught by an experienced fighter and/or trainer. Students learn various punching combinations, offensive and defensive maneuvers and ring strategies. The training includes skipping rope, calisthenics, conditioning drills, shadow boxing, foot work, heavy bag work, focus mitt drills and sparring. BOOMER BOXING is a class for individuals ages 40 and above. The class format is similar to the Boxing class, but moves at a more comfortable pace. Training doesn't have to be in the fast lane, but it doesn't have to come to a stop.

Uniform Requirement: Boxing or Muay Thai Shorts, Sityodtong T-Shirt, Boxing Shoes

Equipment: Hand Wraps, Bag Gloves, Boxing Gloves, Mouthpiece, Head Gear and Athletic Cup

BRAZILIAN JIU JITSU, Level 1 **BRAZILIAN JIU JITSU, Level 2** **BRAZILIAN JIU JITSU, Ladies Only**

Although the art of Jiu-Jitsu originated in Japan, BRAZILIAN JIU JITSU was founded and developed by the Gracie family in Brazil. The strength of Brazilian Jiu Jitsu is the ability to take the fight to the ground by utilizing grappling techniques to subdue the opponent. Training includes conditioning, training drills and submissions including chokes, arm locks and leg locks. BRAZILIAN JIU JITSU, Level 1 is for first-timers and beginners and Level 2 training focuses on advancement and preparation for competition training. And finally, a Brazilian Jiu Jitsu class for ladies only.

Uniform Requirement: Jiu Jitsu Gi

MMA (Mixed Martial Arts) **MMA FIGHT TRAINING**

MIXED MARTIAL ARTS is the fastest growing sport in the world and teaches realistic and effective self defense training. The MMA class combines conditioning drills, core strengthening and the technical aspect of blending Muay Thai, Boxing, BJJ and Wrestling in a comprehensive format. MMA FIGHT TRAINING is for serious students interested in competing in the Cage and/or Octagon.

Uniform Requirement: MMA Shorts, Rash Guards (optional)

Equipment: MMA Gloves, Mouthpiece, Shin Guards and Athletic Cup