



# SUKHARI MUAY THAI KIDS CLASSES

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## INFORMATION / TERMS & CONDITIONS

### Class Term Schedule for 2025:

- 2025: **Term 1** Monday 3 February – Saturday 5 April (9 weeks)
- 2025: **Term 2** Tuesday 22 April – Saturday 5 July (11 weeks)
- 2025: **Term 3** Monday 21 July – Saturday 20 September (9 weeks)
- 2025: **Term 4** Monday 6 October – Saturday 13 December (10 weeks)

### Class Days & Times (All Classes 5-13yrs)

- Monday/ Tuesday/Wednesday/Thursday 4:30pm – 5:15pm
- Saturday 9:15am – 10:00am
- No Class on Friday
- Kids Classes will run during school term only.
- 45-minute Classes
- Start at any time during school term.
- Allow your child trial a free class before making any commitments.

### Age Limits and Child Policy:

- The minimum age limit is 5yrs of age to attend Children classes.
- 14 years + can attend Adult Classes
- If you are under 18, you may register as a member only with the involvement of a parent or guardian.

### What to Wear & Bring to Class:

- Comfortable sportswear – T-shirt and shorts.
- Gloves are provided to use on the day at initial free Class Trial.
- Shoes are not required for Muay Thai, train barefoot on soft mats

- Bring your own bottled water (please note the gym do not have a water fountain facility to fill up bottles)
- Girls hair tied back

### **Muay Thai Gear Requirement:**

Essential protective gear is required for children to use at each class for on-going class attendance. They are:

1. MUAY THAI BOXING GLOVES: Size 6oz, 8oz or 10oz
2. PADDED SHIN GUARDS

Gloves and shin guards are available for purchase from our Merch supply at the gym.

*Optional:* Branded apparel Sukhari includes t-shirts, Muay Thai shorts, and hoodie jumpers. Enquire within for pricing and available sizes.

### **Muay Thai Trainers**

Our team of Kids Class Trainers are highly experienced, two of whom are from Thailand. They are Head Trainer/gym owner Bak Sukhari and Sydney Olympics competitor turned Trainer Somchai Chimlum. Additional assistant Trainers may be present in class.

### **How Do I Book A Free Trial Class?**

Parent must complete a '[Muay Thai Kids Class Participation Form](#)' before your child can attend a Class. Alternatively, form can be found on website.

### **How Do I sign up for Kids Membership?**

1. Download our **Fit By Wix App** from your App Store on your phone.
2. Create an account with a Login and Password.
3. Enter Invite Code: QQ9K8P
4. Purchase your preferred Kids Class Membership.
5. Start booking into Classes using the 'Book Classes' tab.
6. Weekly Direct Debit Memberships will be deducted on the same day every week from the date you start your membership.
7. We do not charge any fees when deducting your membership payment.
8. Memberships will be automatically paused during school holidays break.
9. Pause or Cancel membership at any time. Must give written notice to management via [email](#). The app does **not** allow you to self-pause or cancel your membership.

### Class Bookings & Attendance

- Once you have purchased a Kids Membership you can start booking into your class/es. You must book to attend.
- To cancel a group class, must be made no more than 15 mins prior to your class begins.
- Please be considerate, if you're unable to attend your class to kindly cancel at a reasonable time to enable other members to book in your spot.
- Classes will run for a maximum of 24 children (this number is subject to change).
- Class bookings can also be made via our website, although we highly recommend you **download** our free **FIT BY WIX** APP via your app store on your mobile or tablet device. The app allows you to easily book or cancel your classes on the go.

### Gym Etiquette & Hygiene

- Arrive to class on time or at least 5 minutes early prior to class start time.
- Bring in bottle of water and towel to class. We do not have a drinking water facility to fill up bottles.
- Remove shoes and socks before entering soft mats.
- Wear appropriate clothing to training.
- Children **must** be accompanied with a parent or guardian when leaving Sukhari Muay Thai gym room. Please be mindful of keeping children away from gym fitness equipment and machines in the fitness room.
- Be respectful and kind to one another.

### FREQUENTLY ASKED QUESTIONS:

#### Q. Will classes be run during School holidays?

Kids classes will **not** be run during school term holidays, as well as Christmas/January school holiday period. Memberships will be automatically paused during this time. If your child does not want to continue the following year, please give written notice via email to cancel membership.

#### Q. What if we want to go away on holiday?

If you are planning on going away or your child wish to take a short break from classes, you may request to suspend payments by giving us as much notice as possible. Advise management via email [info@sukharimuaythai.com.au](mailto:info@sukharimuaythai.com.au) with reason to pause membership and the dates.

**Q. What happens if my child is sick and can't attend class?**

Do not attend classes if your child is sick. You are eligible for one make up lesson per term. If your child is ill for a long period of time, we can temporarily pause membership. Please contact management promptly to organise either of these options.

**Q.What happens if a class falls on a Public Holiday?**

Kids classes will not run on a Public holiday. If you cannot attend on another day of that week, we can issue a Make-up lesson to your account to use within one month of issue date.

**What if I want to cancel my Membership?**

Email management with your request to cancel. If we don't receive a written request, cancellation of your membership cannot be made.

**Q. Do I have to pay a Join up fee or sign a contract?**

No contracts, no joining fee. Once you become a Sukhari Muay Thai member, a gym key card (fob) is required to use to enter gym building cost \$25 to Athletique gym reception. Arrive 15 mins prior to first visit to class to arrange the key card.

**Q. Can my child bring along their friend?**

Yes. They will be required to go through the same process by completing a Kids Class Participation Form.

**Q. Why do I need to book to attend Class each time?**

- Keeps your child accountable by booking in and attending.
- Helps us to gauge class capacity (and if necessary, expand on classes or add on more Trainers).
- Ensures Trainers know which day and who to expect at Class.

**Have a question?  
Please contact us.**

**Email: [info@sukharimuaythai.com.au](mailto:info@sukharimuaythai.com.au)**

Thank you,  
Sukhari Muay Thai Management