



LAGUNA

LIFESTYLE



九日山

MUAY THAI AND MMA PROGRAMME

BEGINNER / INTERMEDIATE / EXPERT LEVELS AVAILABLE

Muay Thai

Muay Thai is a form of martial arts that has its origins in Thailand. This style of kickboxing puts your whole body into action during combat, utilising a beautiful symphony of kicks, punches, knees, and elbows with fluidity and grace. It is often referred to as the "Art of Eight Limbs", with arduous aerobic and anaerobic exercises that boosts your body's metabolism leading to natural fat burn and a well-toned physique.

MMA

Mixed Martial Arts (MMA) is a combative sport that takes the best elements of both stand-up and ground combat, cumulating into a unique mixture that allows you to fight opponents in any situation. MMA is a challenging yet exhilarating full-contact sport that implements a combination of techniques from Brazilian Jiu-Jitsu, Wrestling, Muay Thai, and Boxing.



	Group Lesson	Private Lesson
Price	Member: \$35/Class Guests And Weekday Membership: \$45/Class	1 session: \$160 10 sessions: \$1440

Instructor Profile

Eugene's journey into the ranks of the martial art industry started at the age of 12 where he was introduced to Wushu Sanda. Since then, he has been exposed to various martial arts such as Muay Thai and MMA. His passion towards martial art and fitness continues to this day especially after representing and successfully clinching multiple medals for Singapore. With 8 years of coaching experience under his belt, he seeks to push students to maintain a fit and healthy lifestyle while also being able to learn how to protect themselves.

Certifications

National Coaching Accreditation Programme theory and technical (Wushu and Wrestling)

National Registry of Coaches and PA trainer Certified

Age limit: 12 to 50 years old

Participants are encouraged to bring your own gloves, mitts and attire.
Wear your own attire

Register your interest and enquiries by emailing lifestyle@lagunanational.com or call **6326 1949**.

