



Martial Arts Dojo (93 Norma Road)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9.30am				Kickboxing / Boxing for Fitness	Little Heroes	Little Heroes 2-5yo 8.30am	
10.30am				Freestyle Martial Arts: Beginners Welcome		Freestyle Martial Arts: 6-9yo @ 9am	
	Available for private lessons and Accelerated Training Program (ATP)					Freestyle Martial Arts: 10-13yo @ 9.45am	
3.30pm	Little Heroes 2-5yo	Little Heroes 2-5yo	Little Heroes 2-5yo	Little Heroes 2-5yo	Available for Private Lessons and Accelerated Training Program (ATP)	Freestyle Martial Arts: Beginners Welcome 11.15am	
4.00pm	Freestyle Martial Arts: 6-9yo	Freestyle Martial Arts: 6-9yo	Freestyle Martial Arts: 6-9yo	Freestyle Martial Arts: 6-9yo			
4.45pm	Freestyle Martial Arts: 10-13yo	Freestyle Martial Arts: 10-13yo	Freestyle Martial Arts: 10-13yo	Freestyle Martial Arts: 10-13yo			
5.30pm	Leadership (Invitation Only)	Freestyle Martial Arts 14-17yo	Reality Based Self Defence (Eskrima)	Freestyle Martial Arts 14-17yo	Reality Based Self Defence (Eskrima)		
6.20pm	Freestyle Martial Arts: Probation Belts	Freestyle Martial Arts: Beginners	FMA: Solid belts	Freestyle Martial Arts: Probation Belts	Freestyle Martial Arts: Beginners	FMA: Solid Belts	NO GI Rounds. Beginners Welcome
7.10pm							

BJJ / Fitness Studio (95 Norma Road)						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am	Kickboxing / Boxing for Fitness					Kickboxing / Boxing for Fitness 8.30am
10.30am	Freestyle Martial Arts: Beginners Welcome					BJJ: GI 9.15am
11.30am	ADULTS BJJ: No Gi			ADULTS BJJ: Gi		Sparring: All Disciplines 10.30am
12pm						
	Available for private lessons by appointment only.					
4.00pm		Kids BJJ: Gi	Kids BJJ: Gi		Kids BJJ: Gi 5-9yo	
4.45pm	Freestyle Martial Arts: Kids senior levels	Freestyle Martial Arts: Kids senior levels	Freestyle Martial Arts: Kids senior levels	Freestyle Martial Arts: Kids senior levels	Kids BJJ: Gi 10-15yo	
5.30pm	ADULTS BJJ: Gi	Kickboxing / Boxing for Fitness	Kickboxing / Boxing for Fitness	Kickboxing / Boxing for Fitness	ADULTS BJJ: No Gi	
6.15pm	MMA 6.45pm	MMA	BJJ: No Gi	MMA		
7.15pm		BJJ: Gi		BJJ: Gi		