



Martial Arts Dojo (93 Norma Road)						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am		LADIES FMA Class		Kickboxing / Boxing for Fitness	Little Heroes 2-5yo	Little Heroes 2-5yo 8.30am
10.30am	Freestyle Martial Arts: Beginners Welcome			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 10.30am
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		Freestyle Martial Arts: 6-9yo 11:30am
5.30pm	Leadership (Invitation Only)	Freestyle Martial Arts 14-17yo	Freestyle Martial Arts 14-17yo	Freestyle Martial Arts 14-17yo	Reality Based Self Defence (Eskrima)	
6.20pm	Freestyle Martial Arts: Adults	Freestyle Martial Arts: Beginners	FMA: Adults	Freestyle Martial Arts: Adults	Freestyle Martial Arts: Beginners	FMA: Adults
7.30pm				MMA Beginners		

BJJ / Fitness Studio (95 Norma Road)						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am	MMA			MMA	MMA	
9.30am	Kickboxing / Boxing for Fitness					Kickboxing / Boxing for Fitness 8.30am
10.00am						ADULTS BJJ: Gi 9.15am
11.30am	ADULTS BJJ: No Gi	ADULTS BJJ: No Gi	ADULTS BJJ: No Gi	ADULTS BJJ: No Gi	ADULTS BJJ: No Gi	Sparring: All Disciplines 10.30am
12.30pm						MMA Beginners
4.00pm		Kids BJJ: Gi 5-9yo	Kids BJJ: Gi		Kids BJJ: Gi 5-9yo	
4.45pm		Kids BJJ: Gi 10-15yo			Kids BJJ: Gi 10-15yo	
5.30pm	ADULTS BJJ: Gi 5:15pm	Kickboxing / Boxing for Fitness	BJJ: Gi 5.15pm	MMA Boxing	Kickboxing / Boxing for Fitness	ADULTS BJJ: No Gi
6.15pm		MMA	ADULTS BJJ: No Gi 6:15PM	MMA	BJJ Fundamentals (No Gi)	
6:45pm	MMA	BJJ Fundamentals (Gi)				
7.15pm		ADULTS BJJ: No Gi		ADULTS BJJ: Gi		