



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	FMA Beginners Welcome			FMA Beginners Welcome		FMA 6-9yo 9.00am		
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)	FMA 10-13yo 9.45am		
4.00pm	FMA 6-9yo	FMA 6-9yo	FMA 6-9yo	FMA 6-9yo		FMA Beginners Welcome 10.30am		
4.45pm	FMA 10-13yo	FMA 10-13yo	FMA 10-13yo	FMA 10-13yo				
5.30pm	Leadership (Invitation Only)	FMA 14-17yo	FMA 14-17yo	FMA 14-17yo	FMA 14-17yo	Reality Based Self Defence (Eskrima)	FMA 6-9yo 11.30am	
6.20pm	FMA Adults	FMA Beginners	FMA Adults	FMA Adults	FMA Beginners	FMA Adults	FMA & MMA Beg / Int Sparring	Little Heroes 2-5yo 12.15pm
7.30pm	MMA Beginners   All Levels	MMA Beginners   All Levels			BJJ: All Levels No Gi			

BJJ / Fitness Studio (95 Norma Road)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8.00am	MMA Invite Only	MMA Invite Only	MMA Invite Only	MMA Invite Only	MMA Invite Only	BJJ: All Levels Gi	Kickboxing / Boxing for Fitness
9.30am	Kickboxing / Boxing for Fitness						
10.30am							Sparring: Advanced INVITE ONLY
11.30am	BJJ: All Levels No Gi		BJJ: All Levels No Gi		BJJ: All Levels No Gi		
12.30pm							MMA Beginners   All Levels
4.00pm		Kids BJJ: Gi 5-9yo	Kids BJJ: Gi 5-15yo		Kids BJJ: Gi 5-9yo		
4.45pm		Kids BJJ: Gi 10-15yo			Kids BJJ: Gi 10-15yo		
5.30pm	BJJ: Gi	BJJ Fundamentals Gi	Kickboxing / Boxing for Fitness	BJJ: All Lvl's Gi	MMA Boxing	Kickboxing / Boxing for Fitness	BJJ: All Levels No Gi
6.15pm		MMA Invite Only	BJJ: No Gi 6.30pm	BJJ Fundamentals No Gi 6.30pm	MMA Invite Only		
7.00pm	MMA Invite Only						
7.30pm		BJJ: Advanced No Gi			MMA Beginners   All Levels		