



CLASS SCHEDULE

SUBJECT TO CHANGE

MONDAY

KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE- INTERMEDIATE	400pm
YOUTH MMA	500pm
SAMBO	600pm
MIXED MARTIAL ARTS	700pm
WOMEN'S KICKBOXING	800pm

THURSDAY

KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE- BEGINNER	430pm
KICKBOXING	600pm
BRAZILIAN JIU JITSU	700pm
BOXING (MIXED)	800pm

TUESDAY

KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE- BEGINNER	430pm
KICKBOXING	600pm
SUBMISSION WRESTLING	700pm
WOMENS COMBAT FITNESS AND STRENGTH	800pm

FRIDAY

KIDS MIXED MARTIAL ARTS-INTERMEDIATE	400pm
COMBAT SAMBO	530pm
COMPETITION TEAM	630pm

WEDNESDAY

KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE- INTERMEDIATE	400pm
YOUTH MMA	500pm
BRAZILIAN JIU JITSU	630pm-800pm
WOMENS KICKBOXING	800pm

Private lessons available- Book at Reception Desk