



4 / 37 Alliance Ave
 Morisset
 43572841
 0425 385 005

Kids 4pm - 5pm
 Mon - Wed - Fri

\$48 per mth for 1 class per week
 \$75 per mth Open to all 3 classes
 (\$6.25 per class)

*All members will have a training program
 designed for there needs covering all areas.*

MON	TUES	WED	THUR	FRI	SAT	SUN
8am - 10.30am Stand Up	8am - 10.30am Grappling	8am - 10.30am Stand Up	8am - 10.30am Grappling	8am - 10.30am Stand Up	8am - 10.30am MMA / CIRCUIT	8am - 10.30am MMA / CIRCUIT
12noon - 3pm Grappling	12noon - 3pm Stand Up	12noon - 3pm Grappling	12noon - 3pm Stand Up	12noon - 3pm Grappling		
5pm - 9pm MMA	5pm - 9pm MMA	5pm - 9pm SPARRING / CIRCUIT	5pm - 9pm MMA	5pm - 9pm MMA		