



# MOVEMENT MARTIAL ARTS

Kickboxing • Jiu Jitsu • MMA

## T I M E T A B L E

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM						9:00AM MMA	
10AM						10:00AM MUAY THAI KB ALL LEVELS	
11AM						11:00AM BJJ NO GI	11:00AM OPEN MAT
12PM	12:00PM MUAY THAI KB ALL LEVELS	12:00PM BJJ ALL LEVELS	12:00PM MUAY THAI KB ALL LEVELS	12:00PM BJJ ALL LEVELS			
1PM							
2PM							
3PM							
4PM							
5PM		5:00PM BJJ KIDS		5:00PM BJJ KIDS	5:00PM MMA		
6PM	5:30PM BJJ FUNDAMENTALS	6:00PM BJJ NO GI	5:30PM MUAY THAI KB FUNDAMENTALS	6:00PM BJJ NO GI	6:00PM OPEN MAT		
7PM	6:30PM MUAY THAI KB INTERMEDIATE	7:00PM MUAY THAI KB FUNDAMENTALS	6:30PM MUAY THAI KB INTERMEDIATE	7:00PM MUAY THAI KB FUNDAMENTALS			
8PM	7:45PM BJJ INTERMEDIATE	8:00PM BJJ FUNDAMENTALS	7:45PM BJJ INTERMEDIATE	8:00PM BJJ FUNDAMENTALS			
9PM							



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[www.movementmartialarts.com.au](http://www.movementmartialarts.com.au)



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