



# 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	5:30PM MUAY THAI KB FUNDAMENTALS	5:00PM BJJ KIDS	5:00PM MMA		
6PM	6:30PM MUAY THAI KB INTERMEDIATE	6:00PM BJJ NO GI	6:30PM MUAY THAI KB INTERMEDIATE	6:00PM BJJ NO GI	6:00PM OPEN MAT		
7PM		7:00PM MUAY THAI KB FUNDAMENTALS		7:00PM MUAY THAI KB FUNDAMENTALS			
8PM	7:45PM BJJ INTERMEDIATE	8:00PM BJJ FUNDAMENTALS	7:45PM BJJ INTERMEDIATE	8:00PM BJJ FUNDAMENTALS			
9PM							



(02) 9887 1230

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



find us on [Facebook.com/movementmartialartsaustralia](https://www.facebook.com/movementmartialartsaustralia)