



MOVEMENT MARTIAL ARTS

Kickboxing • Jiu Jitsu • MMA

T I M E T A B L E

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



(02) 9887 1230

www.movementmartialarts.com.au



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