

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am - 6.45am RBSD BOOTCAMP <i>Reality Based Self-Defence</i>	6.00am - 6.45am CONDITIONING*	6.00am - 6.45am RBSD BOOTCAMP <i>Reality Based Self-Defence</i>	6.00am - 6.45am CONDITIONING*	6.00am - 6.45am RBSD BOOTCAMP <i>Reality Based Self-Defence</i>	8.00am - 8.50am UMF TOP TEAM Athlete Fighters Training <i>Invitation only</i>
7.00am - 4.00pm PRIVATE TUITION (By Appointment Only)					
4.00 pm - 4.40 pm YOUNG WARRIORS <i>8-14 yrs Martial Arts</i>	4.20pm - 5.00pm LITTLE DRAGONS <i>4-7yrs Martial Arts</i>	4.20pm - 4.50pm KICKBOXING 4KIDS	4.20pm - 4.50pm KICKBOXING 4KIDS	4.00 pm - 4.40 pm YOUNG WARRIORS <i>8-14 yrs Martial Arts</i>	8.50am - 9.30am CONDITIONING*
4.40pm - 5.20pm LITTLE DRAGONS <i>4-7yrs Martial Arts</i>	5.00pm - 5.30pm SPECIAL NEEDS <i>4-7yrs Martial Arts</i>	4.50pm - 5.30pm BRAZILIAN JIU-JITSU COMBATIVES <i>6-14yrs</i>	4.50pm - 5.30pm BRAZILIAN JIU-JITSU COMBATIVES <i>6-14yrs</i>	4.40pm - 5.20pm LITTLE DRAGONS <i>4-7yrs Martial Arts</i>	9.30am - 10.10am YOUNG WARRIORS <i>8-14yrs Martial Arts</i>
5.20pm - 6.10pm STREET EDGE KRAV MAGA <i>Real World Self Protection Training</i>	5.30pm - 6.10pm YOUNG WARRIORS <i>8-14yrs Martial Arts</i>	5.30pm - 6.10pm YOUNG WARRIORS <i>8-14yrs Martial Arts</i>	5.30pm - 6.10pm YOUNG WARRIORS <i>8-14yrs Martial Arts</i>	5.20pm - 6.10pm STREET EDGE KRAV MAGA <i>Real World Self Protection Training</i>	10.10am - 10.40am KICKBOXING 4KIDS
6.10pm - 7.00pm WING CHUN KUNG FU <i>Combatives</i>	6.10pm - 7.00pm WING CHUN KUNG FU <i>Combatives</i>	6.10pm - 7.00pm WING CHUN KUNG FU <i>Combatives</i>	6.10pm - 7.00pm WING CHUN KUNG FU <i>Combatives</i>	6.10pm - 7.00pm WING CHUN KUNG FU <i>Combatives</i>	10.40am - 11.20am LITTLE DRAGONS <i>4-7yrs Martial Arts</i>
7.00pm - 8.00pm BRAZILIAN JIU-JITSU COMBATIVES <i>Curriculum Training</i>	7.00pm - 7.45pm MUAY THAI KICKBOXING <i>Fight Training</i>	7.00pm - 7.45pm MUAY THAI KICKBOXING <i>Fight Training</i>	7.00pm - 8.00pm BRAZILIAN JIU-JITSU COMBATIVES NO GI <i>Curriculum Training</i>	7.00pm - 8.00pm BRAZILIAN JIU-JITSU COMBATIVES <i>Curriculum Training</i>	11.20am - 12.00pm BRAZILIAN JIU-JITSU COMBATIVES <i>6-14yrs</i>
	7.45pm - 8.00pm MUAY THAI KICKBOXING <i>Sparring</i>	7.45pm - 8.00pm MUAY THAI KICKBOXING <i>Sparring</i>			12.00pm - 1.00pm BRAZILIAN JIU-JITSU COMBATIVES <i>Invitation Only</i>
8.00pm - 8.30pm BRAZILIAN JIU-JITSU COMBATIVES <i>Grappling</i>	8.00pm - 9.00pm MMA UMF TOP TEAM <i>Invitation Only - Ask if you qualify for this fighters only session.</i>	8.00pm - 9.00pm MMA UMF TOP TEAM <i>Invitation Only - Ask if you qualify for this fighters only session.</i>	8.00pm - 8.30pm BRAZILIAN JIU-JITSU COMBATIVES <i>Grappling</i>	8.00pm - 8.30pm BRAZILIAN JIU-JITSU COMBATIVES <i>Grappling</i>	If you train at  You are AWESOME
8.30pm - 9.00pm CONDITIONING*			8.30pm - 9.00pm CONDITIONING*	8.30pm - 9.00pm CONDITIONING*	

*CONDITIONING class is invitation only. Please ask if you qualify for this session



WING CHUN KUNG FU



LITTLE DRAGONS (4-7YRS)



YOUNG WARRIORS (8-14YRS)



BRAZILIAN JIU-JITSU COMBATIVES



BRAZILIAN JIU-JITSU COMBATIVES (6-14YRS)



MUAY THAI KICKBOXING



KICKBOXING 4KIDS



STREET EDGE KRAV MAGA



CONDITIONING PROGRAM*



RBSD BOOTCAMP



MMA UMF TOP TEAM