

N.M.M.A - TIMETABLE running as of 6 MARCH, 2017.

DAYS AND TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
930AM TO 1015AM		GROUP FITNESS		GROUP FITNESS	CLOSED		CLOSED
930AM TO 1030AM					CLOSED	GROUP FITNESS	CLOSED
1030AM to 1130AM		BJJ		BJJ	CLOSED		CLOSED
3PM TO 415PM					CLOSED	BJJ ROUNDS	CLOSED
430PM TO 515PM	MINI MMA	KIDS FITNESS	KIDS BJJ	JUNIOR JU-JITSU	CLOSED		CLOSED
430PM TO 515PM			KIDS KICKBOXING		CLOSED		CLOSED
515PM TO 6PM	GROUP FITNESS	KIDS BJJ	GROUP FITNESS	KIDS BJJ	CLOSED		CLOSED
515PM TO 6PM	JUNIOR JU-JITSU	KIDS KICKBOXING	JUNIOR JU-JITSU	KIDS KICKBOXING	CLOSED		CLOSED
515PM TO 6PM					CLOSED		CLOSED
6PM TO 715PM	JAPANESE JU-JITSU	WRESTLING	JAPANESE JU-JITSU	JAPANESE JU-JITSU	CLOSED		CLOSED
6PM TO 715PM	BOXING	KUNG FU	MUAY THAI	M.M.A	CLOSED		CLOSED
6PM TO 715PM				KUNG FU	CLOSED		CLOSED
715PM TO 830PM	KICKBOXING	MMA REVISION	KICKBOXING	OPEN MAT	CLOSED		CLOSED
715PM TO 830PM	BJJ GI	BJJ NO GI	BJJ GI	ALL STYLES	CLOSED		CLOSED

COLOUR CHART

PRE SCHOOL	PRIMARY SCHOOL	SECONDARY +	ADULT FITNESS	CLOSED	PRIMARY FITNESS
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NOTE: ALL MEMBERS TO BE PRESENT 15 MINS PRIOR TO CLASS START TIME TO WARM UP