



Free Open weekend Sat 28th- Sun 29th Jan

The 'Lord Mayor' will be officially opening the newly refurbished Performance Area at 10am Sat 28th

- Free drink on arrival
- Free Classes all weekend MMA, Muay Thai, Jiu Jitsu, Zumba, Yoga and much, much more. (please book)
- Free neck and shoulder massage (subject to booking) with Jo L'Estrange West, Sports & Remedial Massage Therapist
- Free goody bag for non-members including free samples, vouchers and Much, Much more

So come on down and see why Hybrid is the fastest growing Martial Arts and fitness facility in the South West!

We are now even Bigger!

Saturday 28th

	Dojo	Studio
9.00	Little Hybrids	
10.00	Mixed MMA	Ladies Kickboxing
11.00	Muay Thai	
12.00	Muay Thai	
13.00	BJJ	TRX
14.00		Yoga
15.00		Zumba

Sunday 29th

	Dojo	Studio
10.00		
11.00	BJJ	Yoga
12.00	eXtreme Circuits	Zumba
13.00		
14.00	MMA	
15.00		