

HYBRID NEW TIMETABLE FOR 2012 HYBRID

MMA STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
09.00	OPEN MAT 09.00 - 10.00					LITTLE HYBRID 09.00 - 09.45	
10.00	MIXED MMA 10.00 - 11.00		OPEN MAT 09.00 - 12.00			MIXED MMA 10.00 - 11.00	
11.00						MIXED MUAY THAI 11.00 - 12.30	
12.00			MIXED MMA 12.00 - 13.00				OPEN MAT 09.00 - 16.00
13.00	OPEN MAT 11.00 - 16.00	OPEN MAT 09.00 - 18.00		OPEN MAT 09.00 - 18.00	OPEN MAT 09.00 - 18.00		
14.00			OPEN MAT 13.00 - 16.00			OPEN MAT 12.30 - 16.00	
15.00							
16.00	LITTLE HYBRID 16.00 - 16.45		LITTLE HYBRID 16.00 - 16.45			CLOSE 16.00	CLOSE 16.00
17.00	JUNIOR MMA 17.00 - 18.00		JUNIOR MMA 17.00 - 18.00				
18.00	MIXED MMA 18.00 - 19.00	MIXED MMA 18.00 - 19.00	ADULTS ONLY MMA 18.00 - 19.00	MIXED MMA 18.00 - 19.00	MIXED MMA 18.00 - 19.00		
19.00	ADULTS ONLY MMA 19.00 - 20.00	MUAY THAI 19.00 - 20.00	JIU JITSU 19.00 - 20.00	MUAY THAI 19.00 - 20.30	GI JIU JITSU 19.00 - 20.00		
20.00	OPEN MAT 20.00 - 21.00	GI JIU JITSU 20.00 - 21.00	ADULTS ONLY SPARRING 20.00 - 21.00	OPEN MAT	JIU JITSU 20.00 - 21.00		
21.00	CLOSE 21.00	CLOSE 21.00	CLOSE 21.00	CLOSE 21.00	CLOSE 21.00		

PERFORMANCE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
09.00	OPEN MAT 09.00 - 10.00					OPEN MAT 09.00 - 10.00	
10.00	ZUMBA 10.00 - 11.00		OPEN MAT 09.00 - 11.00			LADIES KICKBOXING 10.00 - 11.00	
11.00	TRX 11.00 - 12.00		EXTREME CIRCUIT 11.00 - 12.00				
12.00							OPEN MAT 09.00 - 16.00
13.00		OPEN MAT 09.00 - 18.00		OPEN MAT 09.00 - 18.00	OPEN MAT 09.00 - 18.00	OPEN MAT 11.00 - 16.00	
14.00	OPEN MAT 12.00 - 18.00		OPEN MAT 12.00 - 18.30				
15.00							
16.00						CLOSE 16.00	CLOSE 16.00
17.00							
18.00	ZUMBA 18.00 - 19.00	YOGA 18.00 - 19.00	BEGINNERS JIU JITSU 18.30 - 19.00	ZUMBA 18.00 - 19.00			
19.00	EXTREME CIRCUIT 19.00 - 20.00	TRX 19.00 - 20.00	EXTREME CIRCUIT 19.00 - 20.00	TRX 19.00 - 20.00	EXTREME CIRCUIT 19.00 - 20.00		
20.00	OPEN MAT 20.00 - 21.00	OPEN MAT 20.00 - 21.00	OPEN MAT 20.00 - 21.00	OPEN MAT 20.00 - 21.00	OPEN MAT 20.00 - 21.00		
21.00	CLOSE 21.00	CLOSE 21.00	CLOSE 21.00	CLOSE 21.00	CLOSE 21.00		

LITTLE HYBRID 45 MINS - 4-7 YEARS

JUNIOR MMA - 7-13 YEARS

MIXED MMA - 7+ YEARS

ADULTS ONLY MMA - 15+ YEARS

JIU JITSU & GI JIU JITSU - 15+ YEARS

MIXED MUAY THAI - 7+ YEARS

MUAY THAI - 15+ YEARS

OPEN MAT - ALL WELCOME TO COME & TRAIN