

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

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



WING CHUN KUNG FU



LITTLE DRAGONS (4-7YRS)



YOUNG WARRIOR (8-14YRS)



BRAZILIAN JIU-JITSU



**BRAZILIAN
JIU-JITSU
COMBATIVES
(6-14YRS)**



MUAY THAI KICKBOXING



KICKBOXING 4KIDS



STREET EDGE KRAV MAGA



CONDITIONING PROGRAM*



RBSD
OOTCAMP



**UMMA UMF
FOR TEAM**