



MONSTER MARTIAL ARTS

KIDS AND TEENS



	MON	TUE	WED	THUR	FRI	SAT
8.30 am						TEENS BRAZILIAN JIU JITSU ALL LEVELS – NO GI (8-15yrs)
9.15 am						
11 am	HOMESCHOOL BRAZILIAN JIU JITSU - GI (6yrs +) Term by Term		HOMESCHOOL KICKBOXING (6yrs +) Term by Term			
4pm	KIDS BRAZILIAN JIU JITSU - GI (6-10yrs)	KIDS KICKBOXING (6-12yrs)	KIDS BRAZILIAN JIU JITSU - NO GI (6-10yrs)	KIDS KICKBOXING (6-12yrs)	KIDS & TEENS KICKBOXING (6-16yrs)	
4.45 pm	TEENS BRAZILIAN JIU JITSU - GI (10-15yrs)	TEENS MUAY THAI (13-16yrs)	TEENS BRAZILIAN JIU JITSU - NO GI (10-15yrs)	TEENS MUAY THAI (13-16yrs)	TEENS BRAZILIAN JIU JITSU - GI ALL LEVELS (8-15yrs)	
5.30 pm						
6.30 pm		BEGINNER MMA (14yrs+)		BEGINNER MMA (14yrs+)	BEGINNER MMA (14yrs+)	