

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PEEWEEES UNDER 5 YEARS—CLASSES ARE SCHEDULED FOR 30 MINUTES *COMBINED CLASS AND STUDENTS COULD STAY UP TO 45 MINUTES						
TAEKWONDO	10.30—11AM 4.15—5PM*	4.15—5PM*	10.30—11AM 4.15—5PM*	4.15—5PM*	10.30—11AM 4.15—5PM*	8.30—9.15AM
LITTLE CHAMPIONS UNDER 8 YEARS—CLASSES ARE SCHEDULED FOR 45 MINUTES *COMBINED CLASS AND STUDENTS COULD STAY UP TO 60 MINUTES						
TAEKWONDO	4.15— 5PM	4.15— 5PM	4.15— 5PM	4.15— 5PM	4.15— 5PM	BEGINNER TO YELLOW BELT GRP 1 8.30—9.15AM GRP 2 9.15 – 10AM GRP 3 10—10.45AM
GIU-JITSU 7+	5—6PM				5—6PM	GREEN BELT & ABOVE 10—10.45AM
KICKBOXING 7+		5—6PM		5—6PM		
WARRIORS 9 TO 13 YEARS— CLASSES ARE SCHEDULED FOR 60 MINUTES						
TAEKWONDO	5 – 6PM	5 – 6PM	5 – 6PM	5 – 6PM		BEGINNER TO RED BELT 10.45– 11.45AM
SPORTS TAEKWONDO	6– 7PM	6—7PM		6 –7PM		CHODANBO AND BLACK BELTS 11.45—12.45PM
GIU-JITSU	5—6PM				5—6PM	SPARRING CLASS 12.45 —2.15PM
K1—KICKBOXING		5—6PM		5—6PM		
MMA—MIXED MARTIAL ARTS			5—6PM			10.45—11.45AM COMBINED CLASS WARRIORS AND SENIORS
SENIORS 14 YEARS AND OVER—CLASSES ARE SCHEDULED FOR 60 MINUTES UNLESS ADVISED OTHERWISE						
TAEKWONDO	7—8PM			7—8PM		WHITE TO RED BELT 10.45– 11.45AM
SPORTS TAEKWONDO	6 –7PM	6—7PM		6—7PM		CHODANBO & BLACK BELTS 11.45—12.45PM
GIU-JITSU	12—1PM		6—7PM		6—7PM	SPARRING CLASS 12.45 —2.15PM
K1—KICKBOXING		7—8PM		8—9pm		
FITNESS KICKBOXING	8—9PM			8—9pm		
MMA—MIXED MARTIAL ARTS			7—8PM			10.45—11.45AM COMBINED WARRIORS AND SENIORS

MARTIAL FITNESS AUSTRALIA TERM 1, 2020

25 Wallace Avenue Point Cook Phone 03 9931 0878 Email Info@martialfitnessaust.com Website www.martialfitnessaust.com