

CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI FUNDAMENTAL 8.30AM - 9.30AM	BOXING FUNDAMENTAL 8.30AM - 9.30AM	SMALL GROUP TRAINING MUAY THAI & BOXING* 8.30AM - 9.30AM	MUAY THAI FUNDAMENTAL 8.30AM - 9.30AM	BOXING FUNDAMENTAL 8.30AM - 9.30AM	OPEN GYM - ROLL & SPAR GET TOGETHER AND TRAIN 8.30AM - 10.00AM	CLOSED
PERSONAL TRAINING AVAILABLE BY APPOINTMENT ONLY					SMALL GROUP TRAINING MUAY THAI & BOXING* 10.00AM - 11.00AM	
KIDS MUAY THAI AGE 5 - 12 5.00PM - 6.00PM	KIDS BRAZILIAN JIUJITSU AGE 5 - 12 5.00PM - 6.00PM	KIDS MUAY THAI AGE 5 - 12 5.00PM - 6.00PM	KIDS BRAZILIAN JIUJITSU AGE 5 - 12 5.00PM - 6.00PM		PERSONAL TRAINING	
BOXING FUNDAMENTAL 6.00PM - 7.00PM	BRAZILIAN JIUJITSU (GI) ALL LEVELS 6.00PM - 7.00PM	SMALL GROUP TRAINING MUAY THAI & BOXING* 6.00PM - 7.00PM	BRAZILIAN JIUJITSU (GI) ALL LEVELS 6.00PM - 7.00PM	BOXING FUNDAMENTAL 6.00PM - 7.00PM		
NO-GI GRAPPLING ALL LEVELS 7.00PM - 8.00PM	MUAY THAI FUNDAMENTAL 7.00PM - 8.00PM	OPEN GYM - ROLL & SPAR GET TOGETHER AND TRAIN 7.00PM - 9.00PM	MUAY THAI FUNDAMENTAL 7.00PM - 8.00PM	NO-GI GRAPPLING ALL LEVELS 7.00PM - 8.00PM		
MUAY THAI FUNDAMENTAL 8.00PM - 9.00PM	BOXING FUNDAMENTAL 8.00PM - 9.00PM		BOXING FUNDAMENTAL 8.00PM - 9.00PM	MUAY THAI FUNDAMENTAL 8.00PM - 9.00PM		



*Class pack membership required to book into Small Group Training - Muay Thai & Boxing.

TEAM ARMADA MARTIAL ARTS

For booking and enquiries

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