



MONSTER MARTIAL ARTS

KIDS AND TEENS



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