



Martial Arts Down Under

14/8 Oleander Drive, South Morang

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Full Time Training Schedule - 2011

<http://www.martialartsdownunder.com.au/>

<http://www.facebook.com/people/Martial-Arts-Downunder/100000898196352>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						
6:15						
6:30						
6:45						
7:00						
8:45						
9:00						
9:15						
9:30						
9:45	Ladies Circuit	Ladies Circuit	Mixed Thai boxing	Ladies Circuit	Ladies Circuit	
10:00						
10:15						Kids Thai Boxing
10:30						
10:45						
11:00	Personal Training (By Appointment)	Personal Training (By Appointment)	Personal Training (By Appointment)	Personal Training (By Appointment)		Adult Thai Boxing level 1-5
11:15						
11:30						
11:45						
12:00						Black Belt Instructors Session
12:15	MMA		MMA	MMA		
12:30						
12:45						
1:00						
2:55						
1:30						
1:45	Personal Training (By Appointment)		Personal Training (By Appointment)	Personal Training (By Appointment)	Personal Training (By Appointment)	
2:00						
2:15						
2:30						
2:45						
3:00						
3:15						
3:30						
3:45						
4:00	Adult Thai Boxing level 1-5	Kids Thai Boxing	Kids Brazilian Jiu Jitsu	Kids Thai Boxing	Strength & Conditioning	
4:15						
4:30						
4:45						
5:00	Strength & Conditioning	Adult Thai Boxing level 1-5	Teen & Adults Thai Boxing & MMA	Adult Thai Boxing level 1-5	Strength & Conditioning	
5:15						
5:30						
5:45						
6:00	6:00 - 6:45pm (Kids)	MMA	6:15-7:00 Kickboxing @ MAD Gym	MMA		
6:15	6:45-7:30pm (Adults)					
6:30						
6:45	Martial Arts Downunder @ MAD Gym Yellow-Black belt	Adult Thai Boxing level 1-5	6:30-7:15pm (Kids) 7:15-8:00pm (Adults) Martial Arts Downunder @ Findon Rd Hall Yellow->Black Belt	6:30-7:15pm (Kids) 7:15-8:00pm (Adults) Martial Arts Downunder @ MAD Gym Yellow-Black belt		
7:00						
7:15						
7:30		G.I. BJJ Will Machado JuJitsu				
7:45						
8:00						
8:45						