

ABSOLUTE

MIXED MARTIAL ARTS

HOLIDAY TIMETABLE

MELBOURNE CBD

CONTACT US:

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	Monday, 21 December	Tuesday, 22 December	Wednesday, 23 December	Thursday, 24 December	Friday, 25 December	Saturday, 26 December		Monday, 28 December	Tuesday, 29 December	Wednesday, 30 December	Thursday, 31 December	Friday, 1 January	Saturday, 2 January
	7:00AM OPEN	7:00AM OPEN	7:00AM OPEN	7:00AM OPEN	CLOSED	CLOSED		CLOSED	7:00AM OPEN	7:00AM OPEN	7:00AM OPEN	CLOSED	10:00AM OPEN
MORNING	Functional Strength – All Levels Pradeep – Mat 1 7:15 AM to 7:45 AM	No-Gi Brazilian Jiu-Jitsu – Fundamentals Sean – Mat 1 7:15 AM to 8:00 AM	Functional Strength – All Levels Mo – Mat 1 7:15 AM to 7:45 AM	No-Gi Brazilian Jiu-Jitsu – Fundamentals Sean – Mat 1 7:15 AM to 8:00 AM				No-Gi Brazilian Jiu-Jitsu – Fundamentals Sean – Mat 1 7:15 AM to 8:00 AM	Kickboxing FIT – All Levels Mo – Mat 1 7:00 AM to 7:45 AM	No-Gi Brazilian Jiu-Jitsu – Fundamentals Sean – Mat 1 7:15 AM to 8:00 AM			Muay Thai – All Levels Erhan – Mat 1 10:30 AM to 11:30 AM
	Mixed Martial Arts – Fundamentals Luke – Mat 1 7:45 AM to 8:30 AM	Muay Thai – All Levels Erhan – Mat 1 8:00 AM to 8:45 AM	Mixed Martial Arts – Fundamentals Luke – Mat 1 7:45 AM to 8:30 AM	Muay Thai – All Levels Erhan – Mat 1 8:00 AM to 8:45 AM				Muay Thai – All Levels Erhan – Mat 1 8:00 AM to 8:45 AM	Mixed Martial Arts – Fundamentals Luke – Mat 1 7:45 AM to 8:30 AM	Muay Thai – All Levels Lukaz – Mat 1 8:00 AM to 8:45 AM			Mixed Martial Arts – Fundamentals Jeremy – Mat 1 11:30 AM to 12:30 PM
NOON	No-Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM	Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM	Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM	No-Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM				Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM	Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM	No-Gi Brazilian Jiu-Jitsu – All Levels Thiago – Mat 1 12:00 PM to 1:00 PM			1:00PM CLOSE
	Mixed Martial Arts FIT – All Levels Mo – Mat 1 1:00 PM to 1:45 PM	Functional Strength – All Levels Paul Bai – Mat 1 1:00PM to 1:30PM	Boxing FIT – All Levels Mo – Mat 1 1:00 PM to 1:45 PM	Functional Strength – All Levels Paul Bai – Mat 1 1:00PM to 1:30PM				Functional Strength – All Levels Paul Bai – Mat 1 1:00PM to 1:30PM	Boxing FIT – All Levels Pradeep – Mat 1 1:00 PM to 1:45 PM	Functional Strength – All Levels Paul Bai – Mat 1 1:00PM to 1:30PM			
EVENING	Mixed Martial Arts – Fundamentals Luke – Mat 1 5:30 PM to 6:30 PM	No-Gi Brazilian Jiu-Jitsu – All Levels Maryanne – Mat 1 5:30 PM to 6:30 PM	Gi Brazilian Jiu-Jitsu – All Levels Gustavo – Mat 1 5:30 PM to 6:30 PM	2:00PM CLOSE				Gi Brazilian Jiu-Jitsu – All Levels Maryanne – Mat 1 5:30 PM to 6:30 PM	Mixed Martial Arts – Fundamentals Gustavo – Mat 1 5:30 PM to 6:30 PM	No-Gi Brazilian Jiu-Jitsu – Introduction Maryanne – Mat 2 6:15 PM to 7:00 PM	2:00PM CLOSE		
	Mixed Martial Arts – Introduction Sean – Mat 2 6:15 PM to 7:00 PM	Boxing – Introduction Jeremy – Mat 2 6:15 PM to 7:00 PM	No-Gi Brazilian Jiu-Jitsu – Introduction Maryanne – Mat 2 6:15 PM to 7:00 PM				Boxing – Introduction Jeremy – Mat 2 6:15 PM to 7:00 PM	No-Gi Brazilian Jiu-Jitsu – Introduction Maryanne – Mat 2 6:15 PM to 7:00 PM	Boxing – All Levels Pradeep – Mat 1 6:30 PM to 7:30 PM	Muay Thai – All Levels Erhan – Mat 1 6:30 PM to 7:30 PM	Boxing – All Levels Erhan – Mat 1 6:30 PM to 7:30 PM		
	8:00PM CLOSE	8:00PM CLOSE	8:00PM CLOSE					8:00PM CLOSE	8:00PM CLOSE				