

		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				
		MAT 1	MAT 2	MAT 3	GYM	MAT 1	MAT 2	MAT 3	GYM	MAT 1	MAT 2	MAT 3	GYM	MAT 1	MAT 2	MAT 3	GYM	MAT 1	MAT 2	MAT 3	GYM	MAT 1	MAT 2			
MORNING	6:00 am																								6:00 am	
	6:15 am																								6:15 am	
	6:30 am																								6:30 am	
	6:45 am		MMA FIT ALL LEVELS			GI BJJ LEVEL 1+	MMA FIT ALL LEVELS					STRENGTH ALL LEVELS	GI BJJ LEVEL 1+	MMA FIT ALL LEVELS						MMA FIT ALL LEVELS					6:45 am	
	7:00 am	NO-GI BJJ LEVEL 1+																							7:00 am	
	7:15 am																								7:15 am	
	7:30 am																								7:30 am	
	7:45 am																								7:45 am	
	8:00 am					MUAY THAI LEVEL 1+							MUAY THAI LEVEL 1+									HIIT ALL LEVELS				8:00 am
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		THE BASEMENT, 136 EXHIBITION ST, MELBOURNE (03)9663-9122 ABSOLUTEEMMA.COM.AU																								