

		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
		SKY ROOM	STUDIO	THE RING	SKY ROOM	STUDIO	THE RING	SKY ROOM	STUDIO	THE RING	SKY ROOM	STUDIO	THE RING	SKY ROOM	STUDIO	THE RING	SKY ROOM	STUDIO	THE RING	SKY ROOM					
MORNING	6:00 am																ALL CLASSES				6:00 am	MORNING			
	6:15 am																						6:15 am		
	6:30 am	GI BJJ LEVEL 1+			NO-GI BJJ LEVEL 1+			GI BJJ LEVEL 1+			NO-GI BJJ LEVEL 1+			BJJ OPEN MAT LEVEL 1+									6:30 am		
	6:45 am																			6:45 am					
	7:00 am																				7:00 am				
	7:15 am																				7:15 am				
	7:30 am																				7:30 am				
	7:45 am																						7:45 am		
	9:00 am																KIDS GI BJJ ALL AGES + COMPETITON	KIDS NO-GI BJJ 4 YEAR OLDS		9:00 am					
	9:15 am																			9:15 am					
9:30 am																				9:30 am					
9:45 am																					9:45 am				
10:00 am	WRESTLING/ BJJ PRO TEAM			BJJ PRO TEAM			BJJ OPEN MAT			BJJ PRO TEAM			BJJ PRO TEAM			GI BJJ LEVEL 2+	GI BJJ LEVEL 1+	BOXING LEVEL 1+		10:00 am					
10:15 am																				10:15 am					
10:30 am																				10:30 am					
10:45 am																				10:45 am					
11:00 am																NO-GI BJJ LEVEL 1+	11:00 am								
11:15 am																	11:15 am								
MIDDAY	11:30 am															BJJ OPEN MAT LEVEL 1+	NO-GI BJJ INTRO	MUAY THAI LEVEL 1+	BJJ OPEN MAT LEVEL 1+	11:30 am	MIDDAY				
	11:45 am																					11:45 am			
	12:00 pm	NO-GI BJJ FUNDAMENTALS LEVEL 1+			NO-GI BJJ LEVEL 1+			NO-GI BJJ FUNDAMENTALS LEVEL 1+			NO-GI BJJ LEVEL 1+			MUAY THAI LEVEL 1+										12:00 pm	
	12:15 pm																								12:15 pm
	12:30 pm			MUAY THAI LEVEL 1+																		12:30 pm			
	12:45 pm																			12:45 pm					
	1:00 pm																		1:00 pm						
	1:15 pm																			1:15 pm					
1:30 pm																			1:30 pm						
EVENING	4:00 pm															ABSOLUTE MIXED MARTIAL ARTS			4:00 pm	EVENING					
	4:15 pm	KIDS GI BJJ 7-11s	KIDS GI BJJ 5-7s		KIDS WRESTLING ALL AGES			KIDS NO-GI BJJ 7-11s	KIDS NO-GI BJJ 5-7s		KIDS GI BJJ 7-11s	KIDS GI BJJ 5-7s									4:15 pm				
	4:30 pm																								
	4:45 pm																					4:45 pm			
	5:00 pm	NO-GI BJJ LEVEL 1+	KIDS GI BJJ OVER 11s		NO-GI BJJ FUNDAMENTALS LEVEL 1+			KIDS NO-GI BJJ OVER 11s	NO-GI BJJ LEVEL 1+		NO-GI BJJ FUNDAMENTALS LEVEL 1+	KIDS GI BJJ OVER 11s									WOMEN'S NO-GI BJJ ALL LEVELS		BOXING INTRO		5:00 pm
	5:15 pm																								
	5:30 pm			MMA LEVEL 1+																				5:30 pm	
	5:45 pm																							5:45 pm	
	6:00 pm	GI BJJ FUNDAMENTALS & ADVANCED LEVEL 1+	NO-GI BJJ INTRO	MMA INTRO	NO-GI LEVEL 2+	GI BJJ INTRO		GI BJJ LEVEL 1+	NO-GI BJJ INTRO		NO-GI BJJ FUNDAMENTALS & ADVANCED LEVEL 1+	NO-GI BJJ INTRO									BJJ COMP TRAINING		MUAY THAI INTRO		6:00 pm
	6:15 pm																								
	6:30 pm																							6:30 pm	
	6:45 pm																							6:45 pm	
	7:00 pm																						7:00 pm		
	7:15 pm			MUAY THAI LEVEL 1+	BJJ OPEN MAT LEVEL 1+	GI BJJ FUNDAMENTALS LEVEL 1+		WRESTLING ALL LEVELS	NO-GI BJJ FUNDAMENTALS LEVEL 1+		BJJ OPEN MAT LEVEL 1+	GI BJJ FUNDAMENTALS LEVEL 1+										7:15 pm			
	7:30 pm																								7:30 pm
	7:45 pm																					7:45 pm			
	8:00 pm			BOXING INTRO													8 MARTIN ST, ST KILDA (03)9663-9122 ABSOLUTEMMA.COM.AU				8:00 pm				
	8:15 pm																					8:15 pm			
	8:30 pm																					8:30 pm			
	8:45 pm																					8:45 pm			