

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
		THE RING	THE RING	THE RING	THE RING	THE RING	THE RING						
MORNING	9:45 am							9:45 am	MORNING				
	10:00 am						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						MUAY THAI LEVEL 1+	11:00 am					
	11:15 am							11:15 am					
	11:30 am							11:30 am					
	11:45 am							11:45 am					
MIDDAY	12:00 pm						STRIKING TIMETABLE	12:00 pm	MIDDAY				
	12:15 pm							12:15 pm					
	12:30 pm	MUAY THAI LEVEL 1+	MUAY THAI LEVEL 1+	MUAY THAI LEVEL 1+	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	4:45 pm						ABSOLUTE MIXED MARTIAL ARTS	4:45 pm	EVENING				
	5:00 pm					BOXING INTRO		5:00 pm					
	5:15 pm	MMA LEVEL 1+	BOXING INTRO	MUAY THAI LEVEL 1+	MMA INTRO					5:15 pm			
	5:30 pm										5:30 pm		
	5:45 pm		MMA INTRO		MMA LEVEL 1+	MUAY THAI INTRO		MUAY THAI INTRO		5:45 pm			
	6:00 pm												6:00 pm
	6:15 pm	MUAY THAI LEVEL 1+	MMA/MT SPARRING LEVEL 1+	MUAY THAI INTRO	MUAY THAI LEVEL 1+	MUAY THAI SPARRING LEVEL 1+		6:15 pm					
	6:30 pm											6:30 pm	
	6:45 pm		MUAY THAI LEVEL 1+	MUAY THAI LEVEL 1+	MMA LEVEL 1+	MMA/MT SPARRING LEVEL 1+		MUAY THAI SPARRING LEVEL 1+		6:45 pm			
	7:00 pm												7:00 pm
	7:15 pm	BOXING INTRO		MUAY THAI LEVEL 1+		MMA LEVEL 1+					7:15 pm		
	7:30 pm												
	7:45 pm												7:45 pm
	8:00 pm		8 MARTIN ST, ST KILDA (03)9663-9122 ABSOLUTEMMA.COM.AU										
	8:15 pm									8:15 pm			
	8:30 pm									8:30 pm			
	8:45 pm									8:45 pm			