

		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY		SATURDAY										
		STRIKING MAT	MMA MAT	THE CAGE	THE RING	STRIKING MAT	MMA MAT	THE CAGE	THE RING	STRIKING MAT	MMA MAT	THE CAGE	THE RING	STRIKING MAT	MMA MAT	THE CAGE	THE RING	STRIKING MAT	MMA MAT	STRIKING MAT										
MORNING	6:00 am																			STRIKING TIMETABLE	6:00 am	MORNING								
	6:15 am																				6:15 am									
	6:30 am	MUAY THAI LEVEL 1+								MUAY THAI LEVEL 1+								MUAY THAI LEVEL 1+			6:30 am									
	6:45 am																6:45 am													
	7:00 am																7:00 am													
	7:15 am					BOXING INTRO											7:15 am													
	7:30 am															7:30 am														
	7:45 am																7:45 am													
	9:45 am																				9:45 am									
10:00 am	MMA FIGHT TEAM				MMA FIGHT TEAM												MMA FIGHT TEAM	MUAY THAI 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																11:00 am														
11:15 am																			11:15 am											
MIDDAY	11:30 am																			11:30 am	MIDDAY									
	11:45 am																			11:45 am										
	12:00 pm																			12:00 pm										
	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										
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	2:15 pm																			2:15 pm										
	2:30 pm	MMA FIGHT TEAM								MMA FIGHT TEAM												2:30 pm								
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4:00 pm																			4:00 pm											
EVENING	4:15 pm	TEEN MMA												TEEN MMA						MMA/MT SPARRING UNDER 70KG FIGHT TEAM	4:15 pm	EVENING								
	4:30 pm																	4:30 pm												
	4:45 pm																		4:45 pm											
	5:00 pm																		5:00 pm											
	5:15 pm	MUAY THAI INTRO								MUAY THAI INTRO										MMA/MT SPARRING OVER 70KG FIGHT TEAM	5:15 pm									
	5:30 pm																	5:30 pm												
	5:45 pm																		5:45 pm											
	6:00 pm	MUAY THAI LEVEL 2	MMA STRIKING LEVEL 1+	MMA INTRO		MUAY THAI LEVEL 1 LEVEL 2+				MUAY THAI LEVEL 1 LEVEL 2+	MMA GRAPPLING LEVEL 1+	MMA INTRO	MUAY THAI LEVEL 1 LEVEL 2+				MMA/MT SPARRING LEVEL 2+	6:00 pm												
	6:15 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	MT SPARRING LEVEL 2+				MT CLINCH LEVEL 1	MUAY THAI INTRO				MT SPARRING LEVEL 2+				MUAY THAI INTRO				MMA LEVEL 1+	7:15 pm										
	7:30 pm																			7:30 pm										
7:45 pm																					7:45 pm									
8:00 pm																			134 CROMWELL ST, COLLINGWOOD (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												