

## SPARTAN MIXED MARTIAL ARTS



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		MON	TUE	WED	THU	FRI	
	5.30am	BJJ	MUAY THAI	BJJ	MUAY THAI	BJJ	
	6.00am	DUU	WOAT THAT	טטט	WOAT THAT	טטם	
	6.30am	BJJ	MUAY THAI	BJJ	MUAY THAI	BJJ	
	7.30am	DUU	WUAT THAI	DJJ	WUAT THAI	DJJ	
The Eliablication of	12.00pm-1.30pm	BJJ	10 ROUNDS MUAY THAI	BJJ	10 ROUNDS MUAY THAI	10 ROUNDS MUAY THAI	
	/ Mnm		ALL SECTION OF THE SE				

	SAT
10.00am	DII
10.30am	BJJ
11.00am	
11.30am	OPEN MAT/
12.00pm	SPARRING
1.00pm	

	\$P\$100000000000000000000000000000000000
4.00pm	
4.30pm	<b></b>
5.00pm	
5.30pm	MUAY THAI
6.00pm	WUAT ITAI
6.30pm	
7.00pm	
7.30pm	MMA/NO GI
g NNnm	

BJJ	
MUAY THAI	
SPARRING	

**BJJ DRILLING** 

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**BJJ** FUNDAMEN

**KIDS** 7—11 YEARS // **TEENS** 12—15 YEARS

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ALS	SPARRING

BJJ DRILLING

BJJ

1 HOUR OF POWER

## MEMBERSHPS

-ADULTS-

-KIDS/TEENS-

**JOINING FEE \$50** 

No minimum terms

\$30/WEEK

**JOINING FEE \$50** 

\$20/WEEK

World class facilities/world class instructors
Access to every class every day

No cancellation fees

Self confidence, self control, fun Bullyproof your child

No minimum terms

No cancellation fees

PAY UP FRONT & SAVE 20% One year membership \$1250

PAY UP FRONT & SAVE 20% One year membership \$800

-STRENGTH-UNITY-GROWTH-

SPARTAN MIXED MARTIAL ARTS. 153 Timor Street, Warrnambool 03 55 623 264