



SPARTAN

MIXED MARTIAL ARTS

	MON	TUE	WED	THU	FRI	SAT
5.30am	BJJ	MUAY THAI	BJJ	MUAY THAI	BJJ	10.00am
6.00am						10.30am
6.30am	BJJ	MUAY THAI	BJJ	MUAY THAI	BJJ	11.00am
7.30am						11.30am
12.00pm-1.30pm	BJJ	10 ROUNDS MUAY THAI	BJJ	10 ROUNDS MUAY THAI	10 ROUNDS MUAY THAI	12.00pm
4.00pm	KIDS 7-11 YEARS // TEENS 12-15 YEARS					1 HOUR OF POWER
4.30pm						
5.00pm	BJJ DRILLING		BJJ DRILLING			
5.30pm	MUAY THAI	BJJ	MUAY THAI	BJJ		
6.00pm						
6.30pm						
7.00pm	MMA/NO GI	MUAY THAI	BJJ FUNDAMENTALS	MUAY THAI		
7.30pm						
8.00pm		SPARRING		SPARRING		

MEMBERSHIPS

—ADULTS—

JOINING FEE \$50

\$30/WEEK

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

No minimum terms

No cancellation fees

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

—KIDS/TEENS—

JOINING FEE \$50

\$20/WEEK

Self confidence, self control, fun
Bullyproof your child

No minimum terms

No cancellation fees

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

—STRENGTH—UNITY—GROWTH—

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