

SPECTRUM SPORTS COMBAT

MILL PARK · FIRST CLASS FREE

CLASS TIMETABLE

7/50 Heaths Court · 0467 572 650



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11AM 12PM		11AM-12PM MMA ADULTS		11AM-12PM MMA ADULTS		 10AM-12PM OPEN MAT GI & NO-GI ALL LEVELS	 10AM-12PM OPEN MAT GI & NO-GI ALL LEVELS
4:30PM 5:15PM	4:30-5:15PM BJJ KIDS ALL LEVELS	4:30-5:15PM KIDS MMA ALL LEVELS	4:30-5:15PM KIDS NO-GI ALL LEVELS	4:30-5:15PM KIDS MMA ALL LEVELS	4:30-5:15PM BJJ KIDS ALL LEVELS		
5:30PM 6:30PM	5:30-6:30PM STRIKING ADULTS	5:30-6:30PM MMA ADULTS	5:30-6:30PM STRIKING ADULTS	5:30-6:30PM MMA ADULTS	5:30-6:30PM STRIKING ADULTS		
6:30PM 7:30PM	6:30-7:30PM BJJ GI ADULTS	6:30-7:30PM BJJ GI ADULTS	6:30-7:30PM BJJ NO-GI ADULTS	6:30PM-8:00PM BJJ GI COMPETITION	6:30-7:30PM BJJ NO-GI ADULTS		

Non-members welcome

Non-members welcome



BJJ GI



BJJ NO-GI



STRIKING



MMA



KIDS



OPEN MAT