



TRIBAL MMA & FITNESS, 93 William STREET MOFFAT BEACH 4551.

Private one on one training available contact Paul Birch on Mobile 0421119880 for MMA/Bjj/PT sessions. Must book for sessions. Group classes available. Website tribalmma.net Email tribalmma65@gmail.com

MONDAY *6am to 7am Hiit *10am to 11am Yoga *4.20pm to 5.05pm Junior MMA *5.15pm to 6.15pm MMA Technique *6.30pm to 7.30pm MMA Grappling (No Gi attire with Rashie)

TUESDAY *6am to 7am Ladies only Punchin Class *4.30pm to 5.10pm Junior Bjj Gi *5.15pm to 6.15pm MMA Sparring *6.30pm to 7.30pm Adult Bjj Gi

WEDNESDAY *6am to 7am Hiit *8am to 8.45am Prostate Cancer Closed Group *4.20pm to 5.05pm Junior MMA/Rock& Water Anti Bulling *5.15pm to 6.15pm MMA Technique *6.30pm to 7.30pm MMA Grappling (No Gi attire with Rashie)

THURSDAY *10am to 11am Yoga *4.30pm to 5.10 pm Junior Bjj Gi *5.15pm to 6pm MMA Conditioning *6.10pm to 7.10pm Bjj Gi Adults

FRIDAY *6am to 7am Hiit *5.30pm to 7pm Tribal MMA Fight Team training Invite Only.

SATURDAY *6.30am to 7.30 Ladies only Shes Punchin.

NOTE: WE ARE AVAILABLE FOR PRIVATE ONE ON ONE AND GROUP TRAINING. YOU MUST BOOK. MEMBERSHIPS ALLOW ACCESS TO THE GYM AFTER HOURS.

SUNDAY CLOSED