



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](http://tribalmma.net) Email [tribalmma65@gmail.com](mailto:tribalmma65@gmail.com)

## MONDAY

6am-7am Hiit

10am-11am Yoga

4.20pm-5.05pm Junior MMA

5.15pm to 6.15pm MMA Technique

6.30pm-7.30pm MMA grappling (Rashie)

## TUESDAY

6.am to 7.am Ladies Punchin Class

9am-9.45am MMA Drills Bag/Pads

4.30pm-5.10pm Junior Bjj Gi

5.15pm-6.15pm MMA Sparring

6.30pm-7.30pm Adult Bjj Gi

## WEDNESDAY

6am-7am Hiit

8am-8.45am(Prostate Cancer Closed Group)

9am to 9.45am Airdyne

4.20pm-5.05pm Rock&Water Anti-bullying Junior MMA

5.15pm-6.15pm MMA Technique

6.30pm-7.30pm MMA Grappling (Rashie)

## THURSDAY

9am-9.45am MMA Drills Bag/Pads

10am-11am Yoga

4.30pm-5.10pm Junior BJJ Gi

5.15pm-6pm MMA Conditioning

6.10pm-7.10pm Adult BJJ Gi

## FRIDAY

6am-7am Hiit

9am-9.45am Airdyne

Tribal MMA Fight Team training invite only 5.30pm-7pm

## SATURDAY

6.30am to 7.30am Ladies only She's Punchin

## SUNDAY

CLOSED