



2009 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-8am	Muay Thai / Kickboxing BJJ	Muay Thai / Kickboxing Boxing	Muay Thai / Kickboxing BJJ	Muay Thai / Kickboxing Boxing	Muay Thai / Kickboxing	Boxing 11.00-12.00pm Muay Thai / Kickboxing 11.30-12.30pm
12.00-1.00pm	Boxing	Muay Thai / Kickboxing	Boxing	Muay Thai / Kickboxing	Muay Thai / Kickboxing	Karate Kata 12.30-1.30pm BJJ 11.00-12.30pm
1.00-2.00pm	Muay Thai / Kickboxing BJJ	Karate Boxing	Muay Thai / Kickboxing BJJ	Karate Boxing	Boxing	Karate 1.30-3.00pm Boxing 3.00-4.30pm
6.00-7.30pm	Muay Thai / Kickboxing Boxing Karate	Muay Thai / Kickboxing Boxing Karate	Muay Thai / Kickboxing Boxing Karate Kata	Muay Thai / Kickboxing Boxing Karate	Muay Thai / Kickboxing Boxing	Muay Thai / Kickboxing 3.30-5.00pm
7.30-9.00pm	Muay Thai Int. BJJ	Karate Adv. BJJ	Muay Thai Int. BJJ	Karate Adv.	Karate Sparr. Muay Thai Sparr	

Please dispose of this handbill by placing it in a litter bin. Do not litter.



WINTER SPECIAL – SAVE UP TO 60%

Please dispose of this handbill by placing it in a litter bin. Do not litter.

- KARATE
- KICKBOXING
- MUAY THAI
- BOXING
- BRAZILIAN JIU JITSU
- FULLY EQUIPPED GYMNASIUM
- PERSONAL TRAINING

OPEN 6 DAYS!



TRAIN WITH A FRIEND \$450 EACH FOR 6 MONTHS!

- NO JOINING FEE
- FREE GLOVES & WRAPS
- 52 CLASSES/WEEK

Melbourne Martial Arts Academy

Vaults 9 & 10 Banana Alley, 367 Flinders St, Melbourne 3000

Email: mkk@mkk.com.au

(03) 9620 5433

Web: www.melbmartialarts.com.au