



mee's

martial arts & fitness centre

effective September 2020

class schedule

monday

tuesday

wednesday

thursday

friday

16:00	kids mma			kids mma	
17:00	jnr grappling	jnr kickboxing	jnr boxing	jnr mma	
18:00	adv. mma	boxing	adv. mma	mma	*strength & conditioning
19:30	kickboxing	adv. kickboxing	grappling	adv. grappling	

saturday

09:00	mma mobility	
10:00		beg. running
11:00		

* 10km equivalent fitness required

duration

kids & jnr: 50min

adult: 80min

■ kids approx. 4 ~ 10yr
■ junior approx. 9 ~ 15yr