

The Hybrid Timetable-Upstairs

121 Argyle Street, Hobart, TAS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	H.I.I.T	Strength + Gainz	Gymnastics	Strength + Gainz	H.I.I.T	Team H.I.I.T <u>8:30am</u>
7:00am	Muay Thai	Boxing	Muay Thai	Boxing		Boxing <u>8:30am</u>
						Primal Movement <u>9:30am</u>
11:00am	Fight team (FT)	Fight team (FT)	Fight team (FT)	Fight team (FT)		Sparring (FT) <u>10:30am</u>
12:00pm	H.I.I.T	Strength + Gainz	Gymnastics	Strength + Gainz	H.I.I.T	
3:30pm	Ninja Kids		Ninja Kids			
4:15pm	MMA (INT)	Wrestling	MMA (INT)	Wrestling	MMA (INT)	
5:15pm	Muay Thai (ADV)	Boxing (ADV)	Muay Thai (ADV)	Boxing (ADV)	Muay Thai (INT)	
6:15pm	Boxing	Muay Thai	Boxing	Muay Thai		
7:15pm	Women only MMA		Women only MMA			

KEY

Kids:

Ninja kids = 6 - 12
Colts = 12 - 18

Fundamental:

This is for all levels but primarily for beginners learning the foundations.

(INT):

This stands for intermediate level. Must have martial arts experience.

(AD):

This stands for advanced must have graded to advanced level.

(FT):

This stands for fight team and is for our fight team only. (or invite)

The Hybrid Timetable-Downstairs

121 Argyle Street, Hobart, TAS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am						
7:00am			Yoga		Yoga	
11:00am						
12:00pm						
3:30pm						
4:15pm		Colts MMA		Colts MMA		
5:15pm	Jiujitsu	Jiujitsu	Jiujitsu - gi	Jiujitsu	Jiujitsu OPEN MAT	
6:15pm	Jiujitsu (ADV)	Jiujitsu (ADV)	Jiujitsu (ADV)	Jiujitsu (ADV)		
7:15pm						

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The Hybrid Timetable Class explanation

121 Argyle Street, Hobart, TAS

Fitness

Strength and con

This is a fitness class where we work on mobility, technique for lifting, metabolic conditioning and a touch of Cross fit inspired sessions. This is the class to get you strong and in the best shape of your life. Be prepared to sweat and work hard. Strength and gains is strength work only.

Primal movement

Primal movement is a combination of gymnastics, stretching, active range mobility and coordination. This session will get your body functioning properly and feeling incredible.

Yoga

Our Yoga sessions are designed to help you recover and feel amazing. Work on your flexibility, breathing and mindset with guided meditations. This is a class for you to become aware and improve as a person.

Martial arts

Muay Thai

Muay Thai is the art of 8 weapons, kicks, knees, elbows and punches. In our Muay Thai classes we combine dutch style kickboxing, MMA striking and traditional Muay Thai Techniques to build the best striking Possible for our members.

Boxing

Boxing is where we focus on our hands only. We prioritise our foot work and defensive boxing in order to maximise our skills. This class is super fun and is always a good place to start for people building a foundation of martial arts.

Wrestling

Wrestling is grappling from the feet and the whole intension is to get your partner to the ground, TAKEDOWNS. This is a great class to get strong and fit also.

Jiujiitsu (no gi)

Jiujiitsu is submission grappling, this is where we aim to make our partner tap out. It is where you will learn, chokes, joint locks and how to control another human while wrestling on the ground. Jiujiitsu is like playing physical chess.

Jiujiitsu (Gi)

Gi jiujiitsu is the same as No Gi except you wear a traditional Gi or otherwise known as a karate suit.

MMA

MMA stands for mixed martial arts, this is where we put it all together. Striking, take downs, submissions and work on and off the cage. MMA is the worlds fastest growing sport. If you want to compete, this is where we will push you to go.

Womens only

Womens only is a MMA class for females only.

Kids

Ninja kids

Ninja kids is a class for kids aged 6 - 12. In this class we do a range of different martial arts, teaching the foundation and basics of martial arts with a high focus on discipline and respect. We also work on coordination and movement.

Colts

Colts is for kids aged 12 - 18 and is where we work on all martial arts. We also do a-lot of team bonding drills and socialising to teach the kids to work with each other and respect each other.