

THE ARENA

Fremantle

Mixed Martial Arts and Fitness Centre
Phone: 1300 MMA CLUB (1300 662 258)

Time Table

Effective October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30-5.30pm (1) Juniors BJJ		4.30-5.30pm (1) Juniors BJJ			9.30-10.30am (1) Juniors Open Mat Self-defence
					10.30-11.30am (2) Adult Combatives Self-defence
6.00-7.00pm (2) MMA 4 Fitness	6.00-7.00 (2) BJJ Fundamentals	6.00-6.55pm (2) MMA 4 Fitness	6.00-7.00 (2) BJJ Fundamentals		11.30-12.30pm (3) Adults Open Mat Training
7.00-8.00pm (3) The Arena MMA	7.00-7.30pm (2) Strength And Conditioning	7.00-8.00pm (2) Kickboxing For MMA	7.00-7.30pm (2) Strength And Conditioning		
	7.30-8.30pm (3) Advanced BJJ		7.30-8.30pm (3) Advanced BJJ		

Legend

Number	Description
1	Juniors Classes open to all students from ages 5 to 13 years old
2	Adult Classes open to all members 14 years and above (Under 14 by approval only)
3	Adult Classes open to all members 14 years and above who have achieved the level of white belt 2 stripe in BJJ Fundamentals.

Program Descriptions

Class	Description	Min. Gear
Juniors BJJ	For young people aged 5 to 13, this class starts to introduce the fundamentals of Brazilian Jiu Jitsu as well as stranger danger and bully protection techniques. And we play Jiu Jitsu games.	BJJ Kimono Mouth Guard Rash Guard
Juniors Open Mat Self-defence	For all young people aged 5 to 14, in this class we put together all the fundamentals we learn into a realistic self defence / bully situation against different size opponents.	Rash Guard, Fight Shorts, Mouth Guard.
BJJ Fundamentals	This is a graded syllabus which covers all of the basics of Brazilian Jiu Jitsu and self defence techniques required to achieve a Blue Belt in BJJ. Gradings are held every 2 months.	BJJ Kimono, Mouth Guard, Rash Guard, Fight Shorts.
Adult Combatives Self Defence	This program is designed to allow students to put together the fundamentals learnt into a real life self defence situation against different sized opponents. This type of training is too often overlooked in Martial Arts training.	Rash Guard Fight Shorts Mouth Guard Boxing Gloves
Advanced BJJ	We continue on from the BJJ Fundamentals and explore the journey a BJJ student embarks upon in achieving a Black Belt. We cover more in depth techniques and positions with more grappling practice.	BJJ Kimono Mouth Guard Rash Guard Fight Shorts.
Strength And Conditioning	Circuit based exercises designed for endurance and fitness required in Grappling and fighting sports.	Rash Guard Fight Shorts Running Shoes
MMA 4 Fitness	Safe and Fun. Real MMA exercises and combinations taught in a safe environment. Excellent for fitness and a good workout for all ages or sizes. You work to your level.	Training shirt and shorts, hand wraps, MMA Gloves
Kickboxing For MMA	Traditional Kickboxing training except with an MMA twist. We approach Kickboxing from a MMA perspective with regards to takedowns and stances. Sparring is optional however all protective equipment is required for sparring with no exceptions.	Rash Guard, Fight shorts, Mouth guard, Groin Guard, Shin Guards, Boxing Gloves, Hand wraps and Head gear.
The Arena MMA	The Arena MMA Training brings all our training styles together to cover all aspects of MMA Fighting including Kickboxing, BJJ, Wrestling and Fitness. Sparring is optional however all protective equipment is required for sparring with no exceptions.	Rash Guard, Fight shorts, Mouth guard, Groin Guard, Shin Guards, Boxing and MMA Gloves, Hand wraps and Head gear.
Private Lessons	Private lessons are available outside the designated timetable and can be provided one on one or in groups by appointment. An excellent way to improve your game.	Dependent on type of training. Refer to above for each style.