

STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upstairs	UMA Little Champions 4.15 - 4.45 pm	Matt Hughes Cage Fitness 9.30 - 10.00 am	UMA Little Champions 4.15 - 4.45 pm	Matt Hughes Cage Fitness 9.30 - 10.00 am	UMA Little Champions 4.15 - 4.45 pm	Filipino Combative Kids 9:00 am - 9:45 am
Downstairs	Teen Champions Combatives White - Red 4.15 pm - 5.15pm	Adult Combatives Adults Open 9.30 - 11.00 am	XMA Xtreme 4 - 5 pm	Adult Combatives Adults Open 9.30 - 11.00 am		Matt Hughes Cage Fitness 9.00 - 9.30 am
Upstairs	Junior Champions White - Yellow Belt 4.45 - 5.30 pm	Junior Champions Green Belts - Green +1 4.15 - 5.15 pm	Junior Champions Blue - Red 4.45 - 5.30 pm	Junior Champions Black Belts 4.15 - 5.15 pm	Junior Champions White - Yellow Belt 4.45 - 5.30 pm	Filipino Combative Adults 9:45 am - 10:30 am
Downstairs	Teen Champions Combatives Green - Green +2 5.15 - 6.15 pm	Junior Champions Black Belts 4.15- 5.15 pm	Teen Champions Combatives White - Red 5 pm - 5.45 pm	Junior Champions Green +2 - Brown +2 4.15 - 5.15pm	Teen Open Class 5 pm - 6 pm	MMA Open 9:30 am - 10.30 am
Upstairs	Junior Champions White - Red Upgrades 5.30 - 5.45 pm	Junior Champions Green - Brown +2 Upgrades 5.15 - 5.30 pm	Junior Champions White - Red Upgrades 5.30 - 5.45 pm	Junior Champions Green - Brown +2 Upgrades 5.15 - 5.30 pm	Junior Champions Upgrades 5.30 - 5.45 pm	COMBATIVES Revision White - Black 10.30am - 11.30am Teen - Adult
Downstairs	Matt Hughes Cage Fitness 6.15 - 6.45 pm	Muay Thai Kickboxing Teenage Class 5.15 - 6.15 pm	Teen Champions Combatives Green to Green +2 5.45 - 6.30 pm	Muay Thai Kickboxing Teenage Class 5.15 - 6.15 pm	Muay Thai Kickboxing Green Black & Above 6:30 pm - 7:30 pm	Thai Kickboxing Fitness Circuit 10.30 -11.15 am
Upstairs	Junior Champions Blue - Red 5.45 - 6.30 pm	Junior Champions Green +2 - Brown +2 5.30 - 6.30 pm	Junior Champions White - Yellow Belt 5.45 - 6.30 pm	Junior Champions Green Belts - Green + 1 5.30 - 6.30 pm	Junior Champions Blue - Red 5.45 - 6.30 pm	XMA - Beginners 11.30 - 12.15 pm White, Yellow, Blue
Downstairs	MMA All Ranks - Open 6.45 - 7.45 pm	Muay Thai Kickboxing White - Yellow 6.15 pm - 7.15 pm	Teen Champions Combatives Brown - Black 6.30 - 7.30 pm	Muay Thai Kickboxing White - Yellow 6.15 pm - 7.15 pm	MMA Fitness Conditioning. 7.30 - 8.30 pm	Beginners Sparring 0 - 12 months training 11.30 - 12.00 pm
Upstairs	Teen Champions Combatives Brown - Black 6.30 - 7.30	Matt Hughes Cage Fitness 6.30 - 7.00 pm	Brazilian Ju Jitsu 6.30 - 7.30 pm	Matt Hughes Cage Fitness 6.30 - 7.00 pm	Brazilian Ju Jitsu 6.30 - 7.30 pm	XMA -I ntermediate 12.15 - 1.00 pm Orange, Red, Purple Tricking 1.00 - 1.15 pm
Downstairs	Adult Combatives Blue - Red Belts 7.45 - 8.45 pm	Muay Thai Kickboxing Blue - Red 7.15 pm - 8.15 pm	Adult Combatives Blue - Red Belts 7.30 - 8.30 pm	Muay Thai Kickboxing Blue - Red 7.15 pm - 8.15 pm		Advanced Sparring 12 months and beyond 12.00 - 12.30 pm
Upstairs	Adult Combatives White - Yellow Belts 7.30 -8.30 pm	Adult Combatives Green+2 - Brown+2 7.00 - 8.00 pm	Adult Combatives White - Yellow Belts 7.30 -8.30 pm	Adult Combatives Green - Green +1 7.00 - 8.00 pm		XMA -Advanced 1.15 - 2.00 pm Green, Brown, Black Tricking 2.00 - 2.15 pm
Downstairs	Muay Thai Kickboxing Green Black & Above 8.45 pm - 9.30 pm	Muay Thai Kickboxing Green - Green/Red 8.15 pm - 9.15 pm	MMA Advanced 8.30 - 9.30 pm	Muay Thai Kickboxing Green - Green/Red 8.15 pm - 9.15 pm		Brazilian Ju Jitsu 12.30 - 1.30pm
Upstairs	Adult Combatives Green - Green +1 8.30 - 9.30 pm	Adult Combatives Black Belts 8.00 - 9.15pm	MMA - Beginners 8.30 - 9.30 pm	Adult Combatives Green +2 - Browns 8.00 - 9.00 pm	ULTIMATE MARTIAL ARTS - 97295588 CLASS SCHEDULE 2012 WWW.UMMA.COM.AU	