



## TIMETABLE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					10am – 11am Ultimate Fitness Class	
					11am – 12pm Brazilian Jiu-Jitsu	
12pm -1pm Brazilian Jiu-Jitsu		12pm -1pm Brazilian Jiu-Jitsu			12pm -1:30pm Open Mat & Thai Sparring	
4:30pm Open Gym	4:30pm Open Gym	4:30pm Open Gym	4:30pm Open Gym	Closed		Closed
5pm - 5:45pm Young Renegades Thai Boxing		5pm - 5:45pm Young Renegades BJJ				
6pm –7pm Boxing	6pm –7pm Beginners Thai Boxing	6pm – 7pm Ultimate Fitness Class	6pm –7pm Boxing			
7pm– 8:30pm Brazilian Jiu-Jitsu	7pm – 8:30pm Brazilian Jiu-Jitsu	7pm – 8:30pm Beginners BJJ	7pm – 8:30pm Brazilian Jiu-Jitsu (No Gi)			
			8:30pm – 9:30pm MMA Takedowns & Sparring			

Closed for public holidays - Young Renegade classes only run during school terms.

## Renegade Mixed Martial Arts

Unit 3, 60 Stubbs St Kensington, Vic, 3031

Ph: 9372 1011

Email: [info@renegademma.com.au](mailto:info@renegademma.com.au)

[www.renegademma.com.au](http://www.renegademma.com.au)