Martial Journey
academy of martial arts

Class times 2012

martialjourney.com | ph:8368 2007

5 Wallace Ave, Point Cook Vic 3030

	Mon		Tue		Wed		Thu		Fri	
	Main	Mezz	Main	Mezz	Main	Mezz	Main	Mezz	Main	Mezz
9-10am					Quest 9:30				Quest 9:30	
10-11am					Micro				Micro	
12-1pm			Adults Mix				Adults Mix			
4-5pm	Mitey	BJJ4Kids	Micro		Mitey		Micro		Mitey	BJJ4Kids
5-6pm	Ninja Int/Adv		Mitey		Ninjas Adv		Mitey		Ninjas Int	
6-7pm	Mitey	SUPER Q	Ninjas Int	6:30-8pm	Quest 6:15	Ninjas Int		6:30-8pm	Adults Nov	Ninjas Adv
7-8pm	Adults Nov		Adults Nov	BJJ	Adults Int		Adults Nov	BJJ	Weapons	
8-9pm	Adults Int		Adults Adv		Weapons		Adults Int/Adv		BJJ Open Mat	

Sat		
	Main	Mezz
7:30-8:00am	Quest	
8:30-9:30am	Adults Mix	
9:30-10:30am	Micro	Ninjas Adv
10:30-11:30am	Mitey wht	Mitey yel
11:30-12:30pm	Ninjas Int	11:30-1pm BJJ

- Micro Ninjas | 3-5yrs white, yellow
- Mitey Ninjas | 6-11yrs white, yellow
- Ninjas Intermediate | 6-11yrs purple, red
- Ninjas Advanced | 6-11yrs green, blue brown
- Adults Novice | 12yrs+ white, yellow, purple
- Adults Intermediate | 12yrs+ red, green, blue
- Adults Advanced | 12yrs+ brown, black
- Adults Mix | 12yrs+ novice, intermediate
- Weapons | 12yrs+ all levels
- Brazilian Jiu Jitsu | 12yrs+ all levels
- Brazilian Jiu Jitsu 4 Kids | 6-11yrs all levels
- Quest & SUPER Q | Fitness blitz

NOTES: