

**MMA CHILDREN'S & ADULT FULL TIME ACADEMY -11 VAUXHALL CHAMBERS TRINITY STREET (ABOVE ICELAND) DORCHESTER DT1 1TU**  
 THIS TIME TABLE WILL GIVE YOU TIMES OF OUR FITNESS AND **NEW BEGINNERS** CHILDREN'S, FAMILY AND ADULT MARTIAL ARTS CLASSES - 1<sup>ST</sup> LESSON FREE

**MONDAY**

6.30am **Boot Camp**  
 9.30am **Ladies only ROCK BODY FITNESS**  
 11-4pm **PT's & small group classes**  
 4.30PM **Lil' leaders** 3 ½ -6yrs  
 5pm **Junior Kickboxing** 6-12yrs  
 6pm **Junior boxing** 7-12yrs +  
 7pm **Adult beginners Boxing** 13yrs +  
**1<sup>ST</sup> Lesson free for everyone**

**TUESDAY**

9.30am **New Hatton Fitness Boxing**  
 11-4am **PT's & small group classes**  
 4.30PM **Lil' leaders** 3 ½ -6yrs  
 5.15pm **Junior Taekwon-do** 6-8yrs  
 6pm **Junior Taekwon-do** 9-12yrs  
 7pm **Adult Beginners Taekwon-do** 13yrs +  
 8pm **Adult Beginners Thai-K1 Kickboxing**

**WEDNESDAY**

6.30am **Boot Camp**  
 9.30am **Ladies only ROCK BODY FITNESS**  
 11-4pm **PT's & small group classes**  
 5pm **Junior kickboxing** 6-12yrs  
 6pm **Yoga** 10-65yrs  
 7pm **Ladies only Kickboxing & fitness**  
 8pm **Adult beginners Boxing** 13yrs +  
**Amazing family discount**

**THURSDAY**

9.30am **New Hatton Fitness Boxing**  
 11-4pm **PT's & small group classes**  
 4.30pm **Lil' leaders** 3 ½ -6yrs  
 5.15pm **Junior Taekwon-do** 6-8yrs  
 6pm **Family Taekwon-do** 9-60yrs  
 6.45pm **adult beginners Brazilian Jiu Jitsu** 13yrs+  
 8pm **Adult Beginners Thai-K1 Kickboxing**

**FRIDAY**

6.30am **Boot Camp**  
 9.30am **Ladies only ROCK BODY FITNESS**  
 11-4pm **PT's & small group classes**  
 6pm **Girls only kickboxing** 6-12yrs  
 7pm **Ladies only Kickboxing & fitness**  
**Advance MMA classes available ask for full timetable**

**SATURDAY**

9am **Junior Boxing** 7-12yrs  
 9am **Adult Beginners Brazilian Jiu Jitsu** 13yrs +  
 10am **Family Martial arts class**  
 11am **Strength and conditioning circuit**  
 12.30 **Kids Birthday Parties** book now  
 2pm **PT's &**  
**Hall hire available**

**SUNDAY**

10-12 noon **Kids Parties available** 4yrs +  
 12-4pm **PT's &**  
**Hall hire available**  
 6pm **New Hatton Fitness Boxing circuits**  
 7pm **Adult Boxing**  
**Competitive prices that won't be beaten**

**Our specialty is to help children & adults boost confidence, build self-esteem, get fit quick & teach outstanding martial arts for the whole family to enjoy. CALL 07925 535952 for your 1<sup>ST</sup> FREE lesson 'MMA Academy have produced more champions than any other local club for over 20+ years FACT'**