

Primitiv Warrior



Mixed Programs for kids & adults

DAY	START	FINISH	DESCRIPTION	LEVEL/AGES
Monday	4:00 pm	4:45 am	Mixed Martial Arts	Beginner Jnr
	5:00 pm	5:45pm	Mixed Martial Arts	Advanced Jnr
	6:00 pm	6:30 pm	Kids Sparring	Advanced Jnr
	6:30 pm	7:15 pm	Mixed Martial Arts	General Kids/adults
Tuesday	5:00 pm	6:00 pm	Boxing	General kids/adults
Wednesday	5:00 pm	6.00 pm	Boxing	General kids/adults
Thursday	5:00 pm	5:45 pm	Mixed Martial Arts	Advanced Jnr
	6:00 pm	6:45 pm	Boxing	General Kids/Adults
Saturday	10:15 am	11:00 am	Mixed Martial Arts	General Kids Jnr
	12:30 pm	1.15 pm	Sword Training	General Kids/Adults
	4:00 pm	5:00 pm	Boxing	Beginner Jnr

Mixed Martial Arts classes include techniques in practical takedown and ground fighting but also fundamentals in striking and kicking as taught in karate.

Boxing classes teach proper technique, footwork & defence using the training that the professionals. This is not fitness boxing and combined with groundwork is best for self-defence.

Sword training covers both 'sword for sport' as well as the art of the live cutting sword.