

SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15AM - 8:00AM	BJJ	KRAV MAGA	CROSS TRAINING	KICKBOXING	CROSS TRAINING - ADVANCED KRAV MAGA	
8AM - 8:30AM	OPEN MATS - SPARRING	OPEN MATS - SPARRING	OPEN MATS - SPARRING	OPEN MATS - SPARRING	OPEN MATS - SPARRING	
9:30AM - 10:15AM						KRAV MAGA
10:30AM - 11:15AM						CROSS TRAINING
11:30AM - 12:15PM						OPEN MATS - SPARRING
12:15PM - 12:45PM	CROSS TRAINING - ADVANCED KRAV MAGA	KICKBOXING	CROSS TRAINING - ADVANCED KRAV MAGA	KRAV MAGA	CROSS TRAINING	
12:45PM - 1:15PM	BOXING	CROSS TRAINING	KRAV MAGA	CROSS TRAINING	KRAV MAGA	
1;15PM - 1:45PM	OPEN MATS - SPARRING	OPEN MATS - SPARRING	OPEN MATS - SPARRING	OPEN MATS - SPARRING	OPEN MATS - SPARRING	
5PM - 5:30PM		KICKBOXING	KRAV MAGA	CROSS TRAINING	ADVANCED KRAV MAGA	
5:15PM - 5:45PM	CROSS TRAINING					
5:30PM - 6:30PM		BJJ	KICK BOXING (5:30PM - 6:15PM)	BJJ		
5:45PM - 6:30PM	BOXING				OPEN MATS - SPARRING (5:30PM - 7:15PM)	
6:30PM - 7:15PM	KRAV MAGA	STRENGTH CIRCUIT (until 7:30PM)	BJJ (6:15PM - 7PM)	STRENGTH CIRCUIT		

STAFFED HOURS

Monday to Friday : 6:15AM to 7:15PM
Saturday: 9:30AM to 12:15PM

CONTACT US

446 Collins st. Melbourne CBD | Basement Level
contact@fmcmelbourne.com.au
(03) 9015 9502

BOOK NOW | DOWNLOAD THE APP

Book your CLASSESS, PRIVATE SESSIONS AND WORKSHOPS on our "FMC Melbourne" on Google Play Store and the App Store

