

Tribal Timetable



3 Allen Street, Moffat Beach ::: Call 0421 119880

* Babies welcome

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am	Tribal HIIT	Yoga	Tribal HIIT		Tribal HIIT	
8:30-10:00						Fight Team Training
9:00-9:45		Box Fit		Kick Fit		
9:30-10:30	Ladies Conditioning *				Ladies Cardio *	
10:00-11:00				Yoga *		
10:30-12:00						BJJ Gi Open Mat
11:00-11:45			Airdyne		Airdyne	
16:00-16:45	Juniors MMA		Rock & Water			
16:30-17:10		Juniors BJJ 6-9yrs		Juniors BJJ All ages		
17:15-18:15	MMA Technique	MMA Sparring	Adult BJJ No Gi	MMA Conditioning		
17:30-18:30					Ladies BJJ Gi	
18:30-20:00	Adult BJJ No Gi	Adult BJJ Gi	Novice Adult BJJ Gi	Adult BJJ Gi		