

The Timetable

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
5.15 – 6.00pm		5.15 – 6.00pm	5.15 – 6.00pm	5.15 – 6.00pm	5.15 – 6.00pm	10.00am
MMA Beginners	Kick Boxing Beginners	Circuit	MMA Beginners	Kick Boxing Beginners	Circuit	Club Opens
6.00 - 7.00pm		6.00 - 7.00pm	6.00 - 7.00pm	6.00 - 7.00pm	6.00 - 7.00pm	11.00 – 12.00pm
Boxing Fit	Thai Boxing	Kick Boxing	Thai Boxing	Weaponry	Thai Boxing	Kids MMA Mixed Martial Arts
7.00 - 8.00pm			7.00 - 8.00pm			
MMA Intermediate	Closed	MMA Advanced	Closed	Closed	Closed	Closed

Timetable subject to change without notice. Classes may be cancelled without notice; please check for signs on the front counter. The club opens daily at 4pm and remains open until the end of evening classes. Members are free to use the club, training rooms and facilities during opening hours. Personal training programs will have first preference of available space.

MOMENTUM TECHNIQUE

city fitness & martial arts

Level 2

147 Waymouth Street
Adelaide SA 5000

T: (08) 8410 5884

> Casual Visit \$15

Access to a single class or a single use of the club at your own leisure during opening hours.

> Monthly Membership \$85

Access to all club facilities and classes for a month period. No Contract.

> Annual Membership \$795

Access to all club facilities and classes during opening hours. Direct Debit contract at \$30.60 per fortnight. Direct Debit has a one-off establishment fee of \$20.