

**MMA:** Learn both striking, grappling and transitional techniques to help you build towards MMA competition

**BOXING:** Traditional boxing program that can prepare you for either boxing competition or MMA.

**KIDS:** Monday/Wednesday/Thursday - a class aimed at giving the kids an early start in martial arts.

**SPARRING:** Combat simulation for advanced trainers only. You will require a mouth guard, 16oz gloves and shin pads

**GRAPPLING:** Learn the art of grappling. A mixture of wrestling and jiu-jitsu. Includes submission holds, pins, takedowns and plenty of live training.

**OPEN MAT:** This time is to be used to develop your skills in a self-driven manner, this can be through further drilling, bag circuits, extra sparring or questioning the coaches.

**M1:** Mat One

**M2:** Mat Two