

2022

Mixed Martial Arts

Freestyle MMA Training Academy

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning						
5:00 AM	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session
11:30 AM	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session	
Afternoon						
12:00 PM	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session
4:00 PM	P/T Session	5:30 pm 6:30pm Junior Ninja's Spirit Combat Adult's Classes	P/T Session	5:30pm 6:30 pm Junior Ninja's Spirit Combat Adult's Classes	P/T Session	
4:30 PM	P/T Session		P/T Session		P/T Session	
5:00 PM	P/T Session		MMA Seaforth Junior Ninjas		P/T Session	
6:00 PM	P/T Session		MMA Seaforth Seniors		P/T Session	

Come see the programs and deals Freestyle MMA Academy have to offer.

Kids Martial Arts & Games, Mixed Martial Arts Adults, Muay Thai Kickboxing, Personal Training (P/T) Sessions.

Also, Private Tuition, Spirit Combat Ju-Jitsu, MMA and self-defence sessions, One on One with Instructor.

Get fit, lose weight, and learn self-defence all at the same time.

Mixed Martial Arts, Freestyle MMA Training Academy

12 month Affiliation Fee per student/client for Private Tuition, Personal Training and Spirit Combat		\$100.00
Spirit Combat Junior Ninja's. Every Tuesday & Thursday 5.30 pm – 6.30 pm		
Spirit Combat Adults Classes. Every Tuesday & Thursday 5.30 pm – 6.30 pm		
	Per Class Casual	\$15.00
	Per Month	\$80.00
Seaforth Junior Ninjas. Every Wednesday @ 5.00 pm – 6.00 pm		
Seaforth Seniors. Every Wednesday @ 6.00 pm		
	Per Class Casual	\$15.00
	Per Month	\$50.00
Private Tuition - Spirit Combat Ju-Jitsu, MMA. (By appointment)		
	30 min session 20 min workout + 10 minutes stretches	\$40.00
	45 min session 35 min workout + 10 minutes stretches	\$60.00
	60 min session 50 min workout + 10 minutes stretches	\$80.00
Personal Training (By appointment)		
	30 min session 20 min workout + 10 minutes stretches and message	\$40.00
	45 min session 35 min workout + 10 minutes stretches and message	\$60.00
	60 min session 50 min workout + 10 minutes stretches and message	\$80.00

NOTE: Prices are open to change in regard to NDIS Clients at Instructors discretion. QuickBooks used by Freestyle MMA Training Academy.