



e: wicked@dark-carnival.com.au
 m: 0483 932 606
 w: darkcarnival.com.au



	6:30AM	7:30AM	11:30AM	12:30PM	1pm	2pm	4pm	4:30pm	4:45PM	5:45PM	6:45pm	7:45pm
MON			Muay Thai				*DC Kids (4-5 Yrs)	Kids MT (9-15 Yrs)		Muay Thai		Muay Thai
			BJJ - Gi						Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi		BJJ - No Gi
TUE	Muay Thai						*DC Kids (6-8 Yrs)	*DC Kids (9-15 Yrs)		Muay Thai		Muay Thai - Clinch
	BJJ - Gi					BJJ Comp Training			Kids BJJ & MT (4-8 Yrs)	BJJ - No Gi		BJJ - Gi
WED	Muay Thai		Muay Thai				*DC Kids (4-5 Yrs)	Kids MT (9-15 Yrs)		Muay Thai		Muay Thai Sparring
			BJJ - Gi						Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi		BJJ - No Gi
THU	Muay Thai						*DC Kids (6-8 Yrs)	*DC Kids (9-15 Yrs)		Muay Thai		MMA
	BJJ - No Gi								Kids BJJ & MT (4-8 Yrs)	BJJ - No Gi		BJJ - Gi - Absolute Beginners
FRI			Muay Thai						Kids MT (9-15 Yrs)		Muay Thai Sparring	
			BJJ - No Gi						Kids BJJ - No Gi (9-15 Yrs)		BJJ Open Mat - Gi/No Gi	

	9:00AM	10:00AM	12:00PM
SAT		Muay Thai Conditioning	
	BJJ - No Gi - Absolute Beginners	BJJ - No Gi - Hard drilling/rolling	

Legend	
Gi	BJJ Uniform
No Gi	Rash guard and Shorts
*DCKIDS	DC Kids Classes aligned with the ACT school terms