



TRIBAL MMA & FITNESS, 93 William STREET MOFFAT BEACH 4551.

Private one on one training available contact Paul Birch on Mobile 0421119880 for MMA/Bjj/PT sessions. Must book for sessions. Group classes available. Website [tribalmma.net](http://tribalmma.net) Email [tribalmma65@gmail.com](mailto:tribalmma65@gmail.com)

**MONDAY** PT TRAINING 6am to 12pm \*4.20pm to 5.05pm Junior MMA Paul Birch \*5.15pm to 6.15pm MMA Technique Connor Birch  
\*6.30pm to 7.30pm MMA Grappling (No Gi attire with Rashie) Gabriel Schlupp.

**TUESDAY** \* PT TRAINING 6am to 12pm \*4.30pm to 5.10pm Junior BJJ Gabriel Schlupp \*5.15pm to 6.15pm MMA Sparring Paul & Connor Birch \*6.30pm to 7.30pm Adult Bjj Gi Gabriel Schlupp.

**WEDNESDAY** \*6am to 7am Hiit Paul Birch \*8am to 8.45am Prostate Cancer Closed Group A Bezear. \*4.20pm to 5.05pm Junior MMA/Rock& Water Anti Bulling Paul Birch \*5.15pm to 6.15pm MMA Technique Connor Birch \*6.30pm to 7.30pm MMA Grappling (No Gi attire with Rashie) Gabriel Schlupp.

**THURSDAY** \* PT TRAINING 6am to 12pm \*4.30pm to 5.30pm BOXING FOR ADULTS Gabriel Schlupp \*5.30pm to 6.30pm Bjj Gi Adults Gabriel Schlupp \*6.30pm to 9pm PT TRAINING.

**FRIDAY** \*6am to 7am Hiit Paul Birch \* PT TRAINING 7am to 1pm \*5.30pm to 7pm Tribal MMA Fight Team training Invite Only.

**SATURDAY** \* PT TRAINING 7am to 10am

NOTE: WE ARE AVAILABLE FOR PRIVATE ONE ON ONE AND GROUP TRAINING. YOU MUST BOOK. MEMBERSHIPS ALLOW ACCESS TO THE GYM AFTER HOURS.

**SUNDAY** CLOSED NO CLASSES. (MEMBERS CAN STILL USE GYM OUT OF HOURS).