



MIXED MARTIAL ARTS

THE YARD GYM (STUDIO) | STARTING 25 FEBRUARY 2019

FIRST WEEK FREE | R400 PER MONTH - 2 CLASSES PER WEEK
(FAMILY DISCOUNT)

Mixed Martial Arts is a fused martial art incorporating the best of karate, kickboxing, judo and hapkido while at the same time passing on the martial arts values of respect, confidence, focus, courage, self-discipline and physical fitness.

TIMETABLE

TIME	MON	TUES	WED	THURS
16:15 – 16:45	Age 4 to 6	Age 7 to 9	Age 4 to 6	Age 7 to 9
16:45 – 17:30	TEENS	Age 10 to 13	TEENS	Age 10 to 13

- Please note: Schedule is subject to change.

JOHN MC GRATH: 076 539 3060 | Hapkido (Black belt) Kickboxing (Black belt)

SENSEI MARCHIUS DOUMA: 076 790 1075 | 40 Years Karate Training Experience 6th Dan Shorinryu