

# BOXING WORKS DARLINGHURST

23 Pelican Street, Darlinghurst, 2010 PH: 9267 7484

TIME	MON	TUE	WED	THU	FRI	SAT
10:00AM						
11:00AM	<b>WRESTLING</b>	<b>MMA</b> Grappling	<b>WRESTLING</b>	<b>MMA</b> Grappling	<b>MMA</b> Sparring	
4:00PM	<b>MMA</b> Grappling	<b>WRESTLING</b>	<b>MMA</b> Grappling	<b>WRESTLING</b>		
5:30PM					<b>BJJ</b> Squad Training	
6:30PM		<b>BJJ</b> Foundation		<b>BJJ</b> Intermediate		
6.30PM		<b>MMA</b> Shooto		<b>MMA</b> Shooto		
7:00PM	<b>BJJ</b> General Training		<b>BJJ</b> General Training			
7:00PM	<b>TSD</b> Foundation		<b>TSD</b> Advanced			

## CLASS DESCRIPTIONS

**BRAZILIAN JIUJITSU/BJJ:** A form of Jiu Jitsu developed in Brazil. Great class for anyone looking for a challenging martial art, which offers the opportunity to compete.

**T.S.D. JUJUTSU:** Total Self Defence, using the best techniques and strategies of traditional and modern martial arts. This class concentrates on realistic, reliable and retainable technique to be used in every day situations.

**GRAPPLING:** Combines the best techniques of Freestyle and Greco Roman Wrestling with Jiu Jitsu.

**SHOOTO:** The ultimate fighting style combining the best of JiuJitsu, wrestling, Boxing and Muay Thai.

## CASUAL FEES

CASUAL		\$25.00
10 VISIT CARD	<i>(card valid for three months from date of purchase)</i>	\$165.00
CASUAL MONTHLY	<i>(\$150 for each subsequent month)</i>	\$180.00

## TERM MEMBERSHIPS

JOINING FEE		\$110.00
DIRECT DEBIT		
Fortnightly minimum term 6 months		\$55.00
Monthly minimum term 6 months		\$110.00
PAID IN ADVANCE		
1 Month paid in advance		\$149.00
3 Months paid in advance		\$399.00
6 Months paid in advance		\$699.00