



e: [wicked@dark-carnival.com.au](mailto:wicked@dark-carnival.com.au)  
 m: 0422 000 145  
 w: [darkcarnival.com.au](http://darkcarnival.com.au)



	6:30am	7:30am	8:00am	11:30am	12:30pm	4:45pm	5:30pm	6:30pm	7:00pm	8:00pm
MON				Muay Thai - Strength & Conditioning		Kids MT (9-15 Yrs)	Muay Thai		Muay Thai	
				BJJ - Gi		Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi	BJJ - No Gi	BJJ Roll Time	
TUE	Muay Thai	Muay Thai Heavy Bags					Muay Thai - ADV	Muay Thai Sparring		
	BJJ - Gi	BJJ Roll Time					MMA	BJJ - No Gi	BJJ - Gi	BJJ Roll Time
WED	Muay Thai Sparring	Muay Thai Heavy Bags		Muay Thai - Strength & Conditioning		Kids MT (9-15 Yrs)	Muay Thai	Muay Thai		
	BJJ Rolling	BJJ Roll Time		BJJ - Gi		Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi	BJJ - No Gi	BJJ Roll Time	
THU	Muay Thai	Muay Thai Heavy Bags					Muay Thai Sparring		Getting Flexual	
	BJJ - No Gi	BJJ Roll Time					MMA	BJJ - No Gi	BJJ - Gi	BJJ Roll Time
FRI				Muay Thai - Strength & Conditioning		Kids MT (9-15 Yrs)	Muay Thai - Open Mats			
				BJJ - No Gi		Kids BJJ - No Gi (9-15 Yrs)	BJJ - Open Mats			

	9:00am	10:00am	10:30am	11:00am	12:00Noon	12:30pm
SAT	Muay Thai - Strength & Conditioning					
		BJJ - Gi	BJJ - No Gi	BJJ Roll Time		

Legend	
Gi	BJJ Uniform
No Gi	Rash guard and Shorts
Muay Thai S&C	Fitness & Conditioning based Muay Thai session