

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06h30	06h30-07h30 CombatFitness (Body Weight Training)		06h30-07h30 CombatFitness (Cardio / Strength)			
09h00						09h00-09h30 KIDS 1
09h30						09h30-10h00 KIDS 2 & 3
10h45						10h00-11h00 CombatFitness / MMA
11h30	11h30-12h30 PRO MMA	11h30-12h30 PRO MMA	11h30-12h30 PRO MMA	11h30-12h30 PRO MMA		
15h00		15h00-15h30 KIDS 1		15h00-15h30 KIDS 1		
15h30		15h30-16h15 KIDS 2		15h30-16h15 KIDS 2		
17h00					17h00-18h00 Boxing FOR White Collar	
17h30	17h30-18h30 MMA	17h30-18h30 CombatFitness (Cardio Boxing)	17h30-18h30 MMA	17h30-18h30 CombatFitness (HIIT)		

ATTILA'S MMA & FITNESS ACADEMY

CLASS DETAILS & PRICING:

Kids Training

Kids 1: R450/month for 1/week; R550/month for 2/week

Kids 2: R550/month for 1/week; R700/month for 2/week

At TCS our ultimate goal is to develop a happy and self confident child with self defence skills.

We have three age groups namely:

- KIDS 1 (from 3.5 years) : learn the foundation of MMA in order to reach the ability to have the skill and rhythm for boxing and kickboxing as well as core strength training, mini-gymnastics.
- KIDS 2 (from 8 years) From Level 2 your kids training will include basic boxing, kickboxing, skill development, core strength training, increased concentration, excellent posture skills, to name a few.

CombatFitness

R850 per month

The three major parts of fitness ie strength, cardio and flexibility are the main focus in this class. To maintain the fun in training we will do a fitness challenge, once a month, to test your fitness level.

MMA (Mixed Martial Arts)

R850 per month

Developing boxing, kickboxing, wrestling and grappling skills and transforming them into a skillset. It is highly recommended to start with the CombatFitness sessions if you have had no previous experience in MMA. Your instructor will let you know when you are ready for MMA so as to avoid any injury! Important notice: strictly rash guard and fight shorts to be worn and NO other attire allowed. The last Wednesday of every month we will do a group knowledge test; fun on the mat!

Krav Maga

COMING SOON!!!!

It is a system that will teach you many useful street fighting techniques you won't find anywhere else. Krav Maga trains you for a real fighting scenario without rules. No previous experienced needed. This style of fighting ensures you have crime awareness, verbal and physical knowledge to protect yourself not to mention it will improve your confidence and self-esteem.

The Champion Package

R1000 per month

Be a part of the MMA as well as the CombatFitness Team - ground and standup work combo.

Fitness Meets Martial Arts