

Timetable



2/30 Bridge Street Eltham
Ph: (03) 9431 1167
integritymartialartsacademy.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7am			Brazilian Jiu Jitsu Fundamentals			
10 - 11am	MMA Afterburner			MMA Afterburner		The Minions! Muay Thai Kickboxing
11 - 12pm						Muay Thai Kickboxing
12 - 1pm	Brazilian Jiu Jitsu Fundamentals			Brazilian Jiu Jitsu Fundamentals		Open Mat
1 - 2pm	Integrity Combatives			Integrity Combatives		
4 - 4.30pm	The Minions! (Ages 3-6)			The Minions! (Ages 3-6)		
4.30 - 5.15pm	The Minions! (Ages 6-10)			The Minions! (Ages 6-10)		
5.15 - 6pm	The Minions! (Ages 10-14)			The Minions! (Ages 10-14)		
5 - 6pm			Muay Thai Kickboxing			
6 - 7pm	Women's Self Defence & MMA Afterburner	Boxing	No-Gi Grappling	Integrity Combatives	No-Gi Grappling	
7 - 8pm	Brazilian Jiu Jitsu Fundamentals	MMA Afterburner	Mixed Martial Arts (MMA)	Brazilian Jiu Jitsu Fundamentals	Mixed Martial Arts (MMA)	
8 - 9pm	Brazilian Jiu Jitsu Advanced	Yoga	Integrity Combatives	Brazilian Jiu Jitsu Advanced	Integrity Combatives: FFS Sparring	

- Striking
- Grappling
- Integrity Combatives
- Self Defence & Fitness

Our Styles



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Brazilian Jiu Jitsu (BJJ)

Highly efficient grappling using position control and leverage to submit opponents wearing a gi. 'The gentle art' is compared to a physical game of chess and allows a smaller or weaker person to successfully defend against a larger, stronger one.

Integrity Combatives

Combining elements of Filipino Martial Arts, BJJ, Muay Thai, Aikido and situation awareness drills. Techniques used are developed for street smart self defence, anti-bullying applications and composure in threatening situations.

Mixed Martial Arts (MMA)

A combination of a variety of styles, bringing together striking, submission wrestling, fitness and conditioning.

The Minions

The next generation of superheroes combining the powers of Brazilian Jiu Jitsu, Combatives and MMA with focus, discipline, and a positive attitude. *The Minions!* and *The Minions! Muay Thai* classes age group: 6-12 year olds. *The Mini Minions!* classes age group: 3-6 year olds.

Women's Self Defence & Fitness

Learn how to protect yourself at home, on public transport and on the street with a practical and effective self defence system - it gets you fit and equipped to handle any situation.

MMA Afterburner

An explosive combination of fitness and self defence utilising Tabata interval training. Guaranteed to get you fighting fit in no time!!

Muay Thai

Known as 'the art of 8 limbs' Muay Thai is a full combat style using hands, elbows, knees and shins for maximum impact and efficiency. Muay Thai is arguably the most effective striking style and techniques are widely used in MMA bouts.

No-Gi Grappling

Submission wrestling without the use of a gi. Techniques, grips, strategies and movement are adapted and streamlined.

Yoga

Increase your longevity on the mat and enjoy better flexibility, mobility, recovery, balance and injury prevention.

Open Mat

Free training time to work on techniques, spar or prepare for competitions.

Introductory Program

This rotational curriculum focus on the first 6-12 introductory classes to give not just a basic understanding of core techniques across all styles taught at Integrity, but also code of conduct, mat etiquette, plus Q&A mat chats.