

# M.M.A ACADEMY & FITNESS GROUPS

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
		14:30 15:40	KIDS/JUNIOR MMA/CONDITIONING  FLOOR -1 MIXED GENDER	14:30 15:40	KIDS/JUNIOR MMA/CONDITIONING  FLOOR -1 MIXED GENDER	14:00 15:10	KIDS/JUNIOR MMA/CONDITIONING  FLOOR -1 MIXED GENDER	14:30 15:40	KIDS/JUNIOR MMA/CONDITIONING  FLOOR -1 MIXED GENDER	14:00 15:00	KIDS MMA/CONDITIONING  FLOOR -1 MIXED GENDER
						18:15 19:15	[ FEMALE ONLY ] PERFORMANCE CONDITIONING  Instructor: Coach Jack M.  FLOOR: 1, 2, 3				
18:00 19:15	PERFORMANCE CONDITIONING  Instructor: Coach Jack M.  FLOOR: -1 MIXED GENDER	18:00 19:15	STRIKING [PADS TRAINING]  Instructor: Nicos K.  FLOOR: -1 MIXED GENDER	18:00 19:15	PERFORMANCE CONDITIONING  Instructor: Coach Jack M.  FLOOR: -1 MIXED GENDER	18:00 19:15	STRIKING  Instructor: Demos I.  FLOOR: -1 MIXED GENDER	18:00 19:30	STRIKING [ CONDITIONING ] & [ TECHNIQUE DRILLS ]  Instructor: Demos I.  FLOOR: -1 MIXED GENDER		
19:15 20:25	MMA  Instructor: Coach Jack M.  FLOOR: -1 MIXED GENDER	19:15 20:15	MMA  Instructors: Coach Jack M. Nicos K.  FLOOR: -1 MIXED GENDER	19:15 20:25	MMA  Instructor: Coach Jack M.  FLOOR: -1 MIXED GENDER	19:15 20:30	GRAPPLING [TECHNIQUES/SPARRING*]  Instructor: Nicos K.  FLOOR: -1 MIXED GENDER				
20:15 21:00	[ SPARRING* ]  Instructor: Nicos K.  FLOOR: -1 MIXED GENDER										

Soon to come..

**THEORY OF FIGHTING  
AND MENTAL COACHING**

"LEARN OR LOSE BOOK"

A PHILOSOPHICAL FIGHT  
TALK, ANALYSIS OF  
FIGHTING AND  
LIFE REALISATION

\* FOR SPARRING TRAINING SESSIONS - FULL FIGHT GEAR EQUIPMENT IS REQUIRED



### Coaching Team

Head Coach: Iacovos Michaelides  
MMA Instructor: Nicos Kollias  
MMA Instructor: Demos Ioannou

ADVANCE GEAR FOR MMA  
[ MMA GLOVES, SHIN GUARDS, HEADGEAR ]

BASIC [ COMPULSORY ] GEAR PACKAGE FOR MMA  
[ BOXING GLOVES, HAND WRAPS, MOUTH GUARD, CUP ]

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OUR  
AFFILIATIONS

