



# KOGARAH

James Cook Boys Technology High School

📍 800 Princes Highway KOGARAH NSW 2217

☎ CALL 1800 13 15 17 📧 SMS 0404 778 330

✉ info@sgma.au 🌐 sgma.au/timetable

■ TAEKWONDO

■ MUAY THAI

■ BLACK BELT ELITE

■ FIGHTING FIIT

■ SPORT TAEKWONDO

■ SAMURAI 3-4 YEARS

■ NINJA 5-7 YEARS

■ SHINOBI 8-9 YEARS

■ JUNIOR 10-12 YEARS

■ SENIOR 13+ YEARS

## MONDAY

TAEKWONDO ■ SAMURAI 4.30-5.30pm	TAEKWONDO ■ NINJA 4.30-5.30pm	TAEKWONDO ■ SHINOBI 4.30-5.30pm	TAEKWONDO ■ JUNIOR, SENIOR 4.30-5.30pm	OPEN MAT □ JUNIOR, SENIOR 4.30-5.30pm
TAEKWONDO ■ SAMURAI 5.30-6.30pm	TAEKWONDO ■ NINJA 5.30-6.30pm	TAEKWONDO ■ SHINOBI 5.30-6.30pm	TAEKWONDO ■ JUNIOR, SENIOR 5.30-6.30pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.30-6.30pm
TAEKWONDO ■ SAMURAI 6.30-7.30pm	TAEKWONDO ■ NINJA 6.30-7.30pm	TAEKWONDO ■ SHINOBI 6.30-7.30pm	TAEKWONDO ■ JUNIOR, SENIOR 6.30-7.30pm	MUAY THAI ■ JUNIOR, SENIOR 6.30-7.30pm

## WEDNESDAY

TAEKWONDO ■ SAMURAI 4.30-5.30pm	TAEKWONDO ■ NINJA 4.30-5.30pm	TAEKWONDO ■ SHINOBI 4.30-5.30pm	TAEKWONDO ■ JUNIOR, SENIOR 4.30-5.30pm	OPEN MAT □ JUNIOR, SENIOR 4.30-5.30pm
TAEKWONDO ■ SAMURAI 5.30-6.30pm	TAEKWONDO ■ NINJA 5.30-6.30pm	TAEKWONDO ■ SHINOBI 5.30-6.30pm	TAEKWONDO ■ JUNIOR, SENIOR 5.30-6.30pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.30-6.30pm
TAEKWONDO ■ SAMURAI 6.30-7.30pm	TAEKWONDO ■ NINJA 6.30-7.30pm	TAEKWONDO ■ SHINOBI 6.30-7.30pm	FIGHTING FIIT ■ JUNIOR, SENIOR 6.30-7.30pm	MUAY THAI ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm

## FRIDAY

TAEKWONDO ■ SAMURAI 4.30-5.30pm	TAEKWONDO ■ NINJA 4.30-5.30pm	TAEKWONDO ■ SHINOBI 4.30-5.30pm	TAEKWONDO ■ JUNIOR, SENIOR 4.30-5.30pm	OPEN MAT □ JUNIOR, SENIOR 4.30-5.30pm
TAEKWONDO ■ SAMURAI 5.30-6.30pm	TAEKWONDO ■ NINJA 5.30-6.30pm	TAEKWONDO ■ SHINOBI 5.30-6.30pm	TAEKWONDO ■ JUNIOR, SENIOR 5.30-6.30pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.30-6.30pm
TAEKWONDO ■ SAMURAI 6.30-7.30pm	TAEKWONDO ■ NINJA 6.30-7.30pm	TAEKWONDO ■ SHINOBI 6.30-7.30pm	FIGHTING FIIT ■ JUNIOR, SENIOR 6.30-7.30pm	MUAY THAI ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm
			OPEN MAT □ JUNIOR, SENIOR 7.30-8.30pm	SPORT TAEKWONDO ■ SHINOBI, JUNIOR, SENIOR 7.30-8.30pm

## SATURDAY

TAEKWONDO ■ SAMURAI 10.00-11.00am	TAEKWONDO ■ NINJA 10.00-11.00am	TAEKWONDO ■ SHINOBI 10.00-11.00am	TAEKWONDO ■ JUNIOR, SENIOR 10.00-11.00am	OPEN MAT □ JUNIOR, SENIOR 10.00-11.00am
TAEKWONDO ■ SAMURAI 11.00-12.00pm	TAEKWONDO ■ NINJA 11.00-12.00pm	TAEKWONDO ■ SHINOBI 11.00-12.00pm	TAEKWONDO ■ JUNIOR, SENIOR 11.00-12.00pm	OPEN MAT □ JUNIOR, SENIOR 11.00-12.00pm

### INTERNATIONAL ACCREDITATION

Registered Taekwondo Academy with Kukkiwon, World Taekwondo Headquarters in Seoul, South Korea

Registered Taekwondo Academy with AUSTKD, the official National Body for Olympic Taekwondo in Australia

Registered Muay Thai Academy with MTIA (Muay Thai International Association) in Bangkok, Thailand





# KINGSGROVE

Kingsgrove North High School

📍 Kingsgrove Road KINGSGROVE NSW 2208

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## TUESDAY

TAEKWONDO ■ SAMURAI 5.00-6.00pm	TAEKWONDO ■ NINJA 5.00-6.00pm	TAEKWONDO ■ SHINOBI 5.00-6.00pm	TAEKWONDO ■ JUNIOR, SENIOR 5.00-6.00pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.00-6.00pm
TAEKWONDO ■ SAMURAI 6.00-7.00pm	TAEKWONDO ■ NINJA 6.00-7.00pm	TAEKWONDO ■ SHINOBI 6.00-7.00pm	TAEKWONDO ■ JUNIOR, SENIOR 6.00-7.00pm	

## THURSDAY

TAEKWONDO ■ SAMURAI 5.00-6.00pm	TAEKWONDO ■ NINJA 5.00-6.00pm	TAEKWONDO ■ SHINOBI 5.00-6.00pm	TAEKWONDO ■ JUNIOR, SENIOR 5.00-6.00pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.00-6.00pm
TAEKWONDO ■ SAMURAI 6.00-7.00pm	TAEKWONDO ■ NINJA 6.00-7.00pm	TAEKWONDO ■ SHINOBI 6.00-7.00pm	TAEKWONDO ■ JUNIOR, SENIOR 6.00-7.00pm	

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국기원  
KUKKIWON



WORLD  
TAEKWONDO



Australian  
Taekwondo



Master Toddy

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MEMBERSHIP Packages	BRONZE Level 1 PROGRAMS INCLUDED	SILVER Level 2 <b>POPULAR</b> PROGRAMS INCLUDED	GOLD Level 3 PROGRAMS INCLUDED	PLATINUM Level 4 PROGRAMS INCLUDED
TAEKWONDO ■	✓	✓	✓	✓
MUAY THAI ■	OR ✓	OR ✓	OR ✗	OR ✓
FIGHTING FIIT ■	OR ✓	OR ✓ SHARED	OR ✓ SHARED	OR ✓ SHARED
SPORT TAEKWONDO ■	✗	✓	✓	✓
BLACK BELT ELITE ■	✗	✗	✓	✓

CONTACT US FOR MORE INFORMATION ON CHOOSING THE RIGHT MEMBERSHIP PACKAGE FOR YOU AND YOUR FAMILY.

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- Memberships are billed fortnightly in advance via direct debit from your nominated credit or debit card.
- Silver, Gold and Platinum memberships can share their 'Fighting FIIT' class access with a family member.
- Members can attend 'unlimited classes' on any membership level and at any SGMA branch location.
- Gold and Platinum memberships are invitation only; students must be Red 1 and above to be eligible.

### JOIN THE FAMILY.

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