



KOGARAH

Bayside High School

📍 800 Princes Highway KOGARAH NSW 2217

☎ CALL 1800 13 15 17 📱 SMS 0404 778 330

✉ info@sgma.au 🌐 sgma.au

■ **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 4.45-5.30pm	TAEKWONDO ■ NINJA 4.45-5.30pm	TAEKWONDO ■ SHINOBI 4.45-5.30pm	TAEKWONDO ■ JUNIOR, SENIOR 4.30-5.30pm	OPEN MAT □ JUNIOR, SENIOR 4.30-5.30pm
TAEKWONDO ■ SAMURAI 5.30-6.15pm	TAEKWONDO ■ NINJA 5.30-6.15pm	TAEKWONDO ■ SHINOBI 5.30-6.15pm	TAEKWONDO ■ JUNIOR, SENIOR 5.30-6.30pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.30-6.30pm
TAEKWONDO ■ SAMURAI 6.15-7.00pm	TAEKWONDO ■ NINJA 6.15-7.00pm	TAEKWONDO ■ SHINOBI 6.15-7.00pm	FIGHTING FIIT ■ JUNIOR, SENIOR 6.30-7.30pm	KYORUGI ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm

WEDNESDAY

TAEKWONDO ■ SAMURAI 4.45-5.30pm	TAEKWONDO ■ NINJA 4.45-5.30pm	TAEKWONDO ■ SHINOBI 4.45-5.30pm	TAEKWONDO ■ JUNIOR, SENIOR 4.30-5.30pm	OPEN MAT □ JUNIOR, SENIOR 4.30-5.30pm
TAEKWONDO ■ SAMURAI 5.30-6.15pm	TAEKWONDO ■ NINJA 5.30-6.15pm	TAEKWONDO ■ SHINOBI 5.30-6.15pm	TAEKWONDO ■ JUNIOR, SENIOR 5.30-6.30pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.30-6.30pm
TAEKWONDO ■ SAMURAI 6.15-7.00pm	TAEKWONDO ■ NINJA 6.15-7.00pm	TAEKWONDO ■ SHINOBI 6.15-7.00pm	FIGHTING FIIT ■ JUNIOR, SENIOR 6.30-7.30pm	MUAY THAI ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm

FRIDAY

TAEKWONDO ■ SAMURAI 4.45-5.30pm	TAEKWONDO ■ NINJA 4.45-5.30pm	TAEKWONDO ■ SHINOBI 4.45-5.30pm	TAEKWONDO ■ JUNIOR, SENIOR 4.30-5.30pm	OPEN MAT □ JUNIOR, SENIOR 4.30-5.30pm
TAEKWONDO ■ SAMURAI 5.30-6.15pm	TAEKWONDO ■ NINJA 5.30-6.15pm	TAEKWONDO ■ SHINOBI 5.30-6.15pm	TAEKWONDO ■ JUNIOR, SENIOR 5.30-6.30pm	BLACK BELT ELITE ■ JUNIOR, SENIOR 5.30-6.30pm
TAEKWONDO ■ SAMURAI 6.15-7.00pm	TAEKWONDO ■ NINJA 6.15-7.00pm	TAEKWONDO ■ SHINOBI 6.15-7.00pm	KYORUGI ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm	MUAY THAI ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm

SATURDAY

TAEKWONDO ■ SAMURAI 9.45-10.30am	TAEKWONDO ■ NINJA 9.45-10.30am	TAEKWONDO ■ SHINOBI 9.45-10.30am	TAEKWONDO ■ JUNIOR, SENIOR 10.00-11.00am	KYORUGI ■ SHINOBI, JUNIOR, SENIOR 10.00-12.00pm
TAEKWONDO ■ SAMURAI 10.30-11.15am	TAEKWONDO ■ NINJA 10.30-11.15am	TAEKWONDO ■ SHINOBI 10.30-11.15am	TAEKWONDO ■ JUNIOR, SENIOR 11.00-12.00pm	
TAEKWONDO ■ SAMURAI 11.15-12.00pm	TAEKWONDO ■ NINJA 11.15-12.00pm	TAEKWONDO ■ SHINOBI 11.15-12.00pm		

INTERNATIONAL ACCREDITATION

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

Registered Taekwondo Academy with Australian Taekwondo (AUSTKD) official National Body for Olympic Taekwondo in Australia

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





BELMORE

Enter via car park on Leylands Parade
 2/463-465 Burwood Rd, Belmore NSW 2192
 CALL 1800 13 15 17 SMS 0404 778 330
 info@sgma.au sgma.au

- **TAEKWONDO**
- **SAMURAI** 3-4 YEARS
- **MUAY THAI**
- **NINJA** 5-7 YEARS
- **BLACK BELT ELITE**
- **SHINOBI** 8-9 YEARS
- **FIGHTING FIIT**
- **JUNIOR** 10-12 YEARS
- **SPORT TAEKWONDO**
- **SENIOR** 13+ YEARS

MONDAY

TAEKWONDO ■ SAMURAI 5.00-6.00pm	TAEKWONDO ■ NINJA 5.00-6.00pm	TAEKWONDO ■ SHINOBI 5.00-6.00pm	TAEKWONDO ■ JUNIOR 5.00-6.00pm
			TAEKWONDO ■ JUNIOR, SENIOR 6.00-7.00pm
			BLACK BELT ELITE ■ JUNIOR, SENIOR 7.00-8.00pm

WEDNESDAY

TAEKWONDO ■ SAMURAI 5.00-6.00pm	TAEKWONDO ■ NINJA 5.00-6.00pm	TAEKWONDO ■ SHINOBI 5.00-6.00pm	TAEKWONDO ■ JUNIOR 5.00-6.00pm
			TAEKWONDO ■ JUNIOR, SENIOR 6.00-7.00pm
			BLACK BELT ELITE ■ JUNIOR, SENIOR 7.00-8.00pm



KINGSGROVE

Kingsgrove North High School
 Kingsgrove Road KINGSGROVE NSW 2208
 CALL 1800 13 15 17 SMS 0404 778 330
 info@sgma.au sgma.au

- **TAEKWONDO**
- **SAMURAI** 3-4 YEARS
- **MUAY THAI**
- **NINJA** 5-7 YEARS
- **BLACK BELT ELITE**
- **SHINOBI** 8-9 YEARS
- **FIGHTING FIIT**
- **JUNIOR** 10-12 YEARS
- **SPORT TAEKWONDO**
- **SENIOR** 13+ YEARS

TUESDAY

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 ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm

THURSDAY

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 ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm

General Membership Information

- 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 one 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.

info@sgma.au sgma.au
 CALL 1800 13 15 17 SMS 0404 778 330
 PO Box 157 Sylvania Southgate NSW 2224



GLEBE

St. Scholastica's College

4 Avenue Road GLEBE NSW 2037

CALL 1800 13 15 17 SMS 0404 778 330

info@sgma.au sgma.au



TUESDAY

TAEKWONDO

SENIOR

SCHOLS STUDENTS ONLY 3.30-4.30pm

THURSDAY

TAEKWONDO

SENIOR

SCHOLS STUDENTS ONLY 3.30-4.30pm

Find Your SUPERPOWER

INTERNATIONAL ACCREDITATION

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

Registered Taekwondo Academy with Australian Taekwondo (AUSTKD) official National Body for Olympic Taekwondo in Australia

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



국기원
KUKKIWON



WORLD
TAEKWONDO



Australian
Taekwondo



Master Toddy

START YOUR JOURNEY NOW

Offering family-friendly, Martial Arts and Fitness classes since 2016 to the community of Southern Sydney, transforming lives and building strong, resilient and confident students from the ground up. We are St. George Martial Arts (SGMA), Southern Sydney's leading Martial Arts and Family Fitness Centre operating exciting classes for the entire family. SGMA offer a huge timetable of unlimited classes, 6 days a week at three convenient locations, catering for all age groups and skill levels; from the absolute beginner to the elite athlete, everyone is welcome at SGMA. With only the very best instructor team, over 600m2 of matted training space (across 3x Dojangs) and highly addictive classes, there is a reason we are the leading Martial Arts and Fitness centre in Southern Sydney.

Reclaim your mind, body and spirit today and live the Martial Arts and Fitness lifestyle at SGMA.

MEMBERSHIP Packages	BRONZE Level 1 PROGRAMS INCLUDED	SILVER Level 2 POPULAR PROGRAMS INCLUDED	GOLD Level 3 PROGRAMS INCLUDED	PLATINUM Level 4 PROGRAMS INCLUDED
TAEKWONDO	✓	✓	✓	✓
OR	✓	✓	✗	✓
MUAY THAI	✓	✓	✗	✓
OR	✓	✓ SHARED	✓ SHARED	✓ SHARED
FIGHTING FIIT	✓	✓ SHARED	✓ SHARED	✓ 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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