



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 ■ SHINOBI, 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



국기원
KUKKIWON



Master Toddy



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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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 SGMA (St. George Martial Arts), 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 two 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 instructors team, over 400m2 of matted training space 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 ■	✓	✓	✓	✓
MUAY THAI ■	OR ✓	OR ✓	OR ✗	OR ✓
FIGHTING FIIT ■	OR ✓	OR ✓	OR ✓	OR ✓
SPORT TAEKWONDO ■	✗	✓	✓	✓
BLACK BELT ELITE ■	✗	✗	✓	✓

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

General Membership Information

- Memberships are billed weekly in advance via direct debit from your nominated credit or debit card.
- Silver and Gold memberships can share their 'Fighting FIIT' class access with one (1) nominated friend.
- 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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