



# 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

<b>TAEKWONDO</b> ■ SAMURAI 4.30-5.30pm	<b>TAEKWONDO</b> ■ NINJA 4.30-5.30pm	<b>TAEKWONDO</b> ■ SHINOBI 4.30-5.30pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 4.30-5.30pm	<b>OPEN MAT</b> □ JUNIOR, SENIOR 4.30-5.30pm
<b>TAEKWONDO</b> ■ SAMURAI 5.30-6.30pm	<b>TAEKWONDO</b> ■ NINJA 5.30-6.30pm	<b>TAEKWONDO</b> ■ SHINOBI 5.30-6.30pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 5.30-6.30pm	<b>BLACK BELT ELITE</b> ■ JUNIOR, SENIOR INVITATION ONLY 5.30-6.30pm
<b>TAEKWONDO</b> ■ SAMURAI 6.30-7.30pm	<b>TAEKWONDO</b> ■ NINJA 6.30-7.30pm	<b>TAEKWONDO</b> ■ SHINOBI 6.30-7.30pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 6.30-7.30pm	<b>KYORUGI</b> ■ SHINOBI, JUNIOR, SENIOR 6.30-8.00pm

## WEDNESDAY

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

## FRIDAY

<b>TAEKWONDO</b> ■ SAMURAI 4.30-5.30pm	<b>TAEKWONDO</b> ■ NINJA 4.30-5.30pm	<b>TAEKWONDO</b> ■ SHINOBI 4.30-5.30pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 4.30-5.30pm	<b>OPEN MAT</b> □ JUNIOR, SENIOR 4.30-5.30pm
<b>TAEKWONDO</b> ■ SAMURAI 5.30-6.30pm	<b>TAEKWONDO</b> ■ NINJA 5.30-6.30pm	<b>TAEKWONDO</b> ■ SHINOBI 5.30-6.30pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 5.30-6.30pm	<b>BLACK BELT ELITE</b> ■ JUNIOR, SENIOR INVITATION ONLY 5.30-6.30pm
<b>TAEKWONDO</b> ■ SAMURAI 6.30-7.30pm	<b>TAEKWONDO</b> ■ NINJA 6.30-7.30pm	<b>TAEKWONDO</b> ■ SHINOBI 6.30-7.30pm	<b>FIGHTING FIIT</b> ■ JUNIOR, SENIOR 6.30-7.30pm	<b>MUAY THAI</b> ■ SHINOBI, JUNIOR, SENIOR 6.30-7.30pm
			<b>OPEN MAT</b> □ JUNIOR, SENIOR 7.30-8.30pm	<b>KYORUGI</b> ■ SHINOBI, JUNIOR, SENIOR 7.30-8.30pm

## SATURDAY

<b>TAEKWONDO</b> ■ SAMURAI 10.00-11.00am	<b>TAEKWONDO</b> ■ NINJA 10.00-11.00am	<b>TAEKWONDO</b> ■ SHINOBI 10.00-11.00am	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 10.00-11.00am	<b>KYORUGI</b> ■ SHINOBI, JUNIOR, SENIOR 10.00-12.00pm
<b>TAEKWONDO</b> ■ SAMURAI 11.00-12.00pm	<b>TAEKWONDO</b> ■ NINJA 11.00-12.00pm	<b>TAEKWONDO</b> ■ SHINOBI 11.00-12.00pm	<b>TAEKWONDO</b> ■ 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





# 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

<b>TAEKWONDO</b> ■ SAMURAI 5.00-6.00pm	<b>TAEKWONDO</b> ■ NINJA 5.00-6.00pm	<b>TAEKWONDO</b> ■ SHINOBI 5.00-6.00pm	<b>TAEKWONDO</b> ■ JUNIOR 5.00-6.00pm
			<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 6.00-7.00pm
			<b>BLACK BELT ELITE</b> ■ JUNIOR, SENIOR <small>INVITATION ONLY</small> 7.00-8.00pm

## WEDNESDAY

<b>TAEKWONDO</b> ■ SAMURAI 5.00-6.00pm	<b>TAEKWONDO</b> ■ NINJA 5.00-6.00pm	<b>TAEKWONDO</b> ■ SHINOBI 5.00-6.00pm	<b>TAEKWONDO</b> ■ JUNIOR 5.00-6.00pm
			<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 6.00-7.00pm
			<b>BLACK BELT ELITE</b> ■ JUNIOR, SENIOR <small>INVITATION ONLY</small> 7.00-8.00pm

## SATURDAY

	<b>TAEKWONDO POOMSAE</b> ■ JUNIOR, SENIOR <small>COMING SOON</small> 1.00-2.00pm
	<b>TAEKWONDO KYORUGI</b> ■ JUNIOR, SENIOR <small>COMING SOON</small> 2.00-3.00pm

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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



**WORLD**  
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 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 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.

### 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



# 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

■ MUAY THAI

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■ SPORT TAEKWONDO

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## TUESDAY

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<b>TAEKWONDO</b> ■ SAMURAI 6.00-7.00pm	<b>TAEKWONDO</b> ■ NINJA 6.00-7.00pm	<b>TAEKWONDO</b> ■ SHINOBI 6.00-7.00pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 6.00-7.00pm	

## THURSDAY

<b>TAEKWONDO</b> ■ SAMURAI 5.00-6.00pm	<b>TAEKWONDO</b> ■ NINJA 5.00-6.00pm	<b>TAEKWONDO</b> ■ SHINOBI 5.00-6.00pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 5.00-6.00pm	<b>BLACK BELT ELITE</b> ■ JUNIOR, SENIOR INVIATION ONLY 5.00-6.00pm
<b>TAEKWONDO</b> ■ SAMURAI 6.00-7.00pm	<b>TAEKWONDO</b> ■ NINJA 6.00-7.00pm	<b>TAEKWONDO</b> ■ SHINOBI 6.00-7.00pm	<b>TAEKWONDO</b> ■ JUNIOR, SENIOR 6.00-7.00pm	

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Australian  
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Master Toddy

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

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

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.
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