



KOGARAH ZOOM TIMETABLE

Operating in the main hall at:
James Cook Boys Technology High School
800 Princes Highway, Kogarah NSW 2017
Email: memberships@sgmaa.com.au
Online: sgmaa.com.au/timetable

MARTIAL ARTS IS FOR EVERYONE

☎ 1800 13 15 17 🌐 SGMAA.COM.AU

MONDAY

SAMURAI + NINJA <i>ALL BELT LEVELS</i> 4.30-5.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 4.30-5.30pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 5.30-6.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 5.30-6.30pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 6.30-7.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 6.30-7.30pm

WEDNESDAY

SAMURAI + NINJA <i>ALL BELT LEVELS</i> 4.30-5.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 4.30-5.30pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 5.30-6.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 5.30-6.30pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 6.30-7.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 6.30-7.30pm

FRIDAY

SAMURAI + NINJA <i>ALL BELT LEVELS</i> 4.30-5.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 4.30-5.30pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 5.30-6.30pm	BLACK BELT ELITE <i>ALL AGES</i> 5.30-6.30pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 6.30-7.30pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 6.30-7.30pm

SATURDAY

SAMURAI + NINJA <i>ALL BELT LEVELS</i> 10.00-11.00am	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 10.00-11.00am
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 11.00-12.00pm	JUNIORS + SENIORS <i>ALL BELT LEVELS</i> 11.00-12.00pm
SAMURAI + NINJA <i>ALL BELT LEVELS</i> 12.00-1.00pm	BLACK BELT ELITE <i>ALL AGES</i> 12.00-1.00pm

UNLIMITED CLASSES

Students with an Active Membership of SGMAA have the option to train in all classes listed on the ZOOM timetable for their specific age group.
This means students can train up to 6 days per week!

ZOOM ENQUIRIES: SMS 0404 778 330



KINGSGROVE ZOOM TIMETABLE

Operating in the main hall at:
Kingsgrove North High School
Enter via Kingsgrove Road, Kingsgrove NSW 2208
Email: memberships@sgmaa.com.au
Online: sgmaa.com.au/timetable

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☎ 1800 13 15 17 🌐 SGMAA.COM.AU

TUESDAY

SAMURAI + NINJA ALL BELT LEVELS 5.00-6.00pm	JUNIORS + SENIORS ALL BELT LEVELS 5.00-6.00pm
SAMURAI + NINJA ALL BELT LEVELS 6.00-7.00pm	JUNIORS + SENIORS ALL BELT LEVELS 6.00-7.00pm
SAMURAI + NINJA ALL BELT LEVELS 7.00-8.00pm	JUNIORS + SENIORS ALL BELT LEVELS 7.00-8.00pm

THURSDAY

SAMURAI + NINJA ALL BELT LEVELS 5.00-6.00pm	JUNIORS + SENIORS ALL BELT LEVELS 5.00-6.00pm
SAMURAI + NINJA ALL BELT LEVELS 6.00-7.00pm	JUNIORS + SENIORS ALL BELT LEVELS 6.00-7.00pm
SAMURAI + NINJA ALL BELT LEVELS 7.00-8.00pm	JUNIORS + SENIORS ALL BELT LEVELS 7.00-8.00pm

UNLIMITED CLASSES

Students of SGMAA have the option to train in all classes listed on the timetable for their age group.
This means students can train up to 6 days per week!

AGE SPECIFIC PROGRAMS

SGMAA offer a program for everyone – starting from as young as 3 years of age right up to 65+ years.

Our programs have been adapted to meet the specific age requirements of our students ensuring they grow and develop in a safe and controlled environment.
Training with students of the same age group helps to build confidence and cultivate friendships, whilst learning important life-changing skills!

SAMURAI 3-4 YEARS	NINJA 5-8 YEARS	JUNIORS 9-12 YEARS	SENIORS 13-65+ YEARS
<i>Little ones start their Martial Arts journey by developing fine and gross motor skills, learning to explore themselves and the world around them in a safe format.</i>	<i>Introducing the young Martial Artist to the official SGMAA syllabus, further developing student confidence and discipline through goal setting.</i>	<i>Graduating from our Ninjas program, and setting these young warriors on the path to Black Belt with a program that is both fun and developmental.</i>	<i>Seniors learn to live the Martial Arts lifestyle with a comprehensive program designed to challenge each student regardless of their skill level or age.</i>

INTERNATIONAL ACCREDITATION

St. George Martial Arts Academy is a registered Taekwondo Dojang with Kukkiwon – World Taekwondo Headquarters located in Seoul, South Korea. Kukkiwon is the highest authority worldwide for Black Belt Dan Certification and holds (WT) Taekwondo schools across the globe to their high standard of excellence. St. George Martial Arts Academy (SGMAA) are proud members of Australian Taekwondo, the official national body for (WT) Taekwondo in Australia. By joining a school that is registered with the highest authority in Taekwondo, you ensure your hard earned belts and certificates are recognised worldwide.

Always look for these symbols when choosing a Taekwondo Dojang:

