

Monday - A	Tuesday - A	Wednesday - B	Thursday - B	Friday - A	Saturday
Lunchtime Lean & Fit 12 Midday -12:45pm Bookings Essential	Boxing & Conditioning 7:30 to 9am Fight Training	Brazilian JiuJitsu 9.30am to 10.30am BJJ Combatives™	Boxing & Conditioning 7:30 to 9am Fight Training	Lunchtime Lean & Fit 12 Midday -12:45pm Bookings Essential	Cage Fitness™ Workout 8.45am to 9.15am MMA Body Blitz Workout
Champions Kids 4.30 to 5.10pm White, Yellow, Orange, Green	Champion Little Dragons™ 4.00 to 4.30pm 4-6yrs Pre school specific	Lunchtime Lean & Fit 12 Midday -12:45pm Bookings Essential	Champion Little Dragons™ 4.00 to 4.30pm 4-6yrs Pre school specific		
Champion Little Dragons™ 5.20 to 5.50pm 4 - 6yrs Pre school specific	Champions Kids 4.30 to 5.10pm White, Yellow, Orange	Champion Kids 4.30 to 5.10pm Green, Blue & Purple	Champion Kids 4.30 to 5.10pm White, Yellow, Orange	Champion Kids 4.30 to 5.10pm Brown to Black +Sparring	Champion Little Dragons™ 9.00 – 9.30am 4 - 6yrs Pre school specific
Black Belt Club Weapons 5:20pm-5:40pm	Black Belt Club 4:10pm-4:30pm 5:10pm-5:30pm 5:30pm-5:50pm  Champion Kids 5.10 to 5.50pm Green, Blue, Purple	Black Belt Club Weapons 5:20pm-5:40pm	Black Belt Club WEAPONS 4:10pm-4:30pm 5:10pm-5:30pm 5:30pm-5:50pm	Black Belt Club Weapons 5:10pm-5:30pm  BJJ/ Wrestling4 Kids 5:30pm to 6:15pm Brazilian JiuJitsu	Black Belt Club Weapons 9:05am-9:25am  Champion Kids 9.30 – 10.10am White to Blue
Champions Kids 5.50 to 6.30pm Blue to Black belts	BJJ/ Wrestling 4 Kids 5:50 to 6.30pm Brazilian JiuJitsu	Champion Little Dragons™ 5.20 to 5.50pm 4 - 6yrs Pre school specific	Champions Kids 5.10 to 5.50pm Green, Blue, Purple	Champion Kids 5.10 to 5.50pm White, Yellow, Orange	Champion Kids 10.10 – 10.50am Purple to Black
Cage Fitness™ Workout 6.00 - 6.30pm MMA Body Blitz Workout	Champion Kids 5.50 to 6.30pm Brown to Black	Champion Kids 5.50 to 6.30pm White, Yellow, Orange	Champion Kids 5.50 to 6.30pm Brown to Black	Black Belt Club Weapons 5:30pm-5:50pm	Black Belt Club Weapons 10:50am-11:10am  XMA -Demo Training 11:10-12pm
Hapkido Adult Defence 6.30pm – 7.15pm ALL LEVELS	Hapkido Adult Defence 6.30 – 7.15pm Adult/Teen Defence	Cage Fitness™ Workout 6.00 - 6.30pm MMA Body Blitz Workout	Cage Fitness™ 6.00 - 6.30pm MMA Body Blitz Workout	Champion Kids 5.50 to 6.30pm Green, Blue, Purple	Brazilian JiuJitsu 9.30am to 10.30am BJJ Combatives™
Jet Thai Kickboxing 6.30pm - 7.15pm Lean & Fit™ + Fight Training	Brazilian JiuJitsu 6.00pm to 6.30pm Free mat Time	Hapkido Defence 6.30 – 7.15pm ALL LEVELS	Hapkido Adult Defence 6.30 – 7.15pm Adult/Teen Defence	Hapkido Adult Defence 6.30 - 7.15pm ALL LEVELS	Hapkido Combatives™ 10.30am – 11.30am All levels
Jet Thai Kickboxing 7:15pm – 8:15pm Fight Training + Sparring	Brazilian JiuJitsu Combatives 6.30pm to 7.30pm Fundamentals	Jet Thai Kickboxing 6.30 - 7.15pm Lean & Fit™ + Fight Training	Brazilian JiuJitsu Combatives 6.30pm to 7:30pm Fundamentals	Jet Thai Kickboxing 6:30pm-7:15pm Fight Training + Sparring	Pro MMA™ KMA TOP TEAM
Brazilian JiuJitsu Fundamentals 7:15p-8:15pm	DEFENCE LAB 7:15-8:15PM	Brazilian JiuJitsu Fundamentals 7.15pm to 8.15pm	DEFENCE LAB 7:15-8:15PM	Brazilian JiuJitsu - No Gi 7.30pm to 8.30pm BJJ With A Twist	Fighters only 4.00 to 6.00pm Invitation only
	Wrestling 7.30pm to 8.30pm + Grappling	Jet Thai Kickboxing 7:15pm – 8:15pm Fight Training + Sparring	Wrestling 7.30pm to 8.30pm + Grappling		

KMA is a registered "Martial Arts Professional School" MMA Australia, Pedro Sauer Gracie JiuJitsu, Korea Hapkido, BJJ Australia, Korea TKD

- **Basic** - One style membership 1-2 classes per week
- **Black Belt Club (BBC)™**- An opportunity to participate in our mixed martial arts programs plus access. 3-4 classes per week
- **Masters Club (MC)™**- for those that demand the very best, this is our Gold membership program. Attend Unlimited classes & sessios