



MARTIAL ARTS ACADEMY – TRAINING SCHEDULE

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Location: 202-212 Military Rd, Neutral Bay, NSW
(Neutral Bay Junction, Military Rd & Wycombe Rd.)

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Schedule effective from: **24 February 2014**

Schedule effective from: 1 March 2014

	10:30- 11.30am	11:30- 12.30am	12:30- 1.30pm	3:45- 4.30pm	4.30- 5.15pm	5:15- 6.00pm	6:15 - 7.15pm	7:15 - 8.15pm
Mon	Women's Self Defence	Kickboxing Adults	Karate Adults	Little Ninjas	Little Samurai	Little Dragons	Kickboxing Adults	Women's Self Defence
Tue	Kickboxing Adults	Women's Self Defence	Kickboxing Adults	Little Ninjas	Little Samurai	Little Dragons	Kickboxing Adults	Karate Adults
Wed	Kickboxing Adults	Kickboxing Adults	Women Self Defence	Little Samurai	Little Ninjas	Little Dragons	Kickboxing Adults	Kickboxing Adults
Thu	Women's Self Defence	Kickboxing Adults	Karate Adults	Little Samurai	Little Dragons	Little Ninjas	Karate Adults	Women's Self Defence
Fri	Kickboxing Adults	Karate Adults	Women's Self Defence	Little Dragons	Little Ninjas	Little Samurai	Karate Adults	Kickboxing Adults
Sat	Little Ninjas	Little Samurai	Kickboxing Adults	Kids Parties	Kids Parties			
Sun		Kids Parties	Kids Parties					

Classes:

- **SMALL Steps** Class: 1 Lesson per week (most popular)
- **BASIC Plus** Class: 2 Lessons per week (best value)
- **FAST Track** Class: 3-4 Lessons per week (advanced/competitions)

Kids Standard Classes: 45 mins
Adults Standard Classes: 60 mins

Kids Private Lessons: 30 mins
Adults Private Lessons: 45 mins