



# UNITED MARTIAL ARTS & FITNESS ACADEMY **COCKBURN**

EFFECTIVE FROM 14 September 2020

## SIGN UP NOW FOR FREE TRIAL LESSON!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:30						Little Tigers (White & Yellowgreen1)
9:30 - 10:00						Little Tigers (Yellowgreen2&above)
10:00 - 10:45						Panthers&Lions (White to Blue2)
10:45 - 11:30						Panthers&Lions (Brown1 & Above)
11:30 - 12:20						Adult TKD MMA
12:20 - 13:30						Elite TKD Sparring
3:35 - 4:05	Little Tigers (3-6)	Little Tigers (3-6)	Little Tigers (3-6)	Little Tigers (3-6)	Little Tigers (3-6)	
4:15 - 5:00	Panthers & Lions (White ~ Blue1)	Panthers TKD (7-9)	Panthers & Lions (White ~ Blue1)	Panthers & Lions (White ~ Blue1)	Panthers TKD (7-9)	
5:00 - 5:45	Panthers & Lions (Blue2 ~ Red2)	Lions TKD (10-14)	Panthers & Lions (Blue2 ~ Red2)	Panthers & Lions (Blue2 ~ Red2)	Lions TKD (10-14)	
5:45 - 6:30	Panthers & Lions & Adult TKD (Red3 & Black)	Extreme Weapons & Kicking	Panthers & Lions & Adult TKD (Red3 & Black)	Panthers & Lions & Adult TKD (Red3 & Black)	Extreme Weapons & Kicking	
6:30 - 7:20	Adult TKD	Adult TKD	Extreme Weapons & Kicking	Adult TKD	Adult TKD MMA	
7:20 - 8:10	MMA	MMA	Elite TKD Sparring Elite TKD Pattern	MMA	UMA DEMO TEAM TRAINING	

**Tel: 9414 8880**

UNITEDMARTIALARTS.COM.AU  
1/5 MERINO ENT, COCKBURN CENTRAL WA, 6164