



# Progressive Martial Arts Academy International

ABN 46 612 740 299

Chief Instructor Simo Cookie Vassiliou

New Cleveland Road, Tingalpa QLD 4173 - PO Box 9106 Wynnum Plaza 4178

Phone: (07) 3393 9329 Mobile: 0412 400 836 Website: [www.progressivemartialarts.com.au](http://www.progressivemartialarts.com.au)



- Green Indicates Mini Muscles Classes

- Orange Indicates Teens Classes

- Blue Indicates Mini Muscles 3-4 Year Old Classes

## 2026 TRAINING SCHEDULE AND PRICE LIST

| Monday    | <u>5:15am-6:30am</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat | <u>6:30am-7:30am</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat | Private<br>Lessons<br>Available   | Private<br>Lessons<br>Available                                     | <u>4pm-5pm</u><br>Mini Muscles             | <u>4:45pm-5:30pm</u><br>Teens<br>Kickboxing                        | <u>5:30pm-6:30pm</u><br>Adults<br>Jun Fan<br>JKD Concepts           | <u>5:30pm-6:30pm</u><br>Adults<br>BJJ  | <u>6:30pm-7:30pm</u><br>Adults<br>Muay Thai<br>Kickboxing               |
|-----------|---|---|---|---|--|--|---|--|---|
| Tuesday   | <u>5:15am-6:15am</u><br>Adults<br>BJJ                                   | <u>5:30am-6:30am</u><br>Adults<br>Muay Thai<br>Kickboxing               | <u>10:30am-11:30am</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat | <u>4pm-4:45pm</u><br>Teens<br>MMA/Combat<br>Submission<br>Wrestling | <u>4pm-4:45pm</u><br>Mini Muscles          | Private<br>Lessons<br>Available                                    | <u>5:30pm-6:30pm</u><br>Adults<br>Thai Pads<br>& Sparring           | <u>5:30pm-6:30pm</u><br>Adults<br>BJJ & MMA<br>No-Gi Comp                                | <u>6:30pm-7:30pm</u><br>Adults<br>Kali/Silat                            |
| Wednesday | <u>5:15am-6:30am</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat | Private<br>Lessons<br>Available   | <u>10:30am-11:30am</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat | Private<br>Lessons<br>Available                                     | <u>4pm-5pm</u><br>Mini Muscles             | <u>5:30pm-6:30pm</u><br>Adults<br>Muay Thai<br>Kickboxing          | <u>5:30pm-6:30pm</u><br>Adults<br>Combat<br>Submission<br>Wrestling | <u>6pm-7pm</u><br>Women's Self<br>Defense<br>Kick Boxing                                 | <u>6:30pm-7:30pm</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat |
| Thursday  | <u>5:15am-6:15am</u><br>Adults<br>BJJ                                   | <u>5:30am-6:30am</u><br>Adults<br>Muay Thai<br>Kickboxing               | Private<br>Lessons<br>Available   | <u>4pm-4:45pm</u><br>Mini Muscles<br>3-4 Year Olds                  | <u>4pm-4:45pm</u><br>Mini Muscles          | <u>4:45PM-5:30pm</u><br>Teens<br>Kickboxing                        | <u>4:45pm-5:30pm</u><br>Teens<br>BJJ<br>(Gi)                        | <u>5:30pm-6:15pm</u><br>Pad Work Class<br><u>5:30pm-6:30pm</u><br>Mat Mania<br>Grappling | <u>5:30pm-6:30pm</u><br>Fighter Class<br>(By invitation<br>only)        |
| Friday    | <u>5:15am-6:30am</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat | Private<br>Lessons<br>Available   | <u>10:30am-11:30am</u><br>Adults<br>Muay Thai<br>Kickboxing               | Private<br>Lessons<br>Available                                     | <u>4pm-4:45pm</u><br>Teens<br>Kickboxing   | <u>4:45pm-5:30pm</u><br>5-10 Year Olds<br>BJJ<br>(Gi)              | <u>4:45pm-5:30pm</u><br>Teens<br>BJJ<br>(Gi)                        | <u>5:30pm-7pm</u><br>BJJ<br>Gi/No Gi   |   |
| Saturday  | <u>8am-8:45am</u><br>Mini Muscles<br>3-4 Year Olds                      | <u>8am-9am</u><br>Mini Muscles  | <u>8:30am-10am</u><br>Adults<br>BJJ                                       | <u>9:15am-10am</u><br>5-10 Year Olds<br>BJJ<br>(Gi)                 | <u>9:15am-10am</u><br>Teens<br>BJJ<br>(Gi) | <u>10am-10:45am</u><br>Adults<br>Combat<br>Submission<br>Wrestling | <u>10am-11am</u><br>Adults<br>Muay Thai<br>Kickboxing               | <u>11am-12pm</u><br>Adults<br>Jun Fan<br>JKD Concepts<br>Kali/Silat                      | Private<br>Lessons<br>Available   |
| Sunday    | Special Forces<br>Training  | Private<br>Lessons<br>Available   | 7:30am-9am<br>Free Roll<br>(Alternating<br>Weekly with<br>Sparring)       | 7:30am-9am<br>Sparring<br>(Alternating<br>Weekly with Free<br>Roll) |  |  |   |  |   |

Open Mats Fortnightly (Please Enquire With A Staff Member For Further Information)

# Progressive Martial Arts Academy International

| All Prices are subject to Change without Notice.<br>Please read Terms and Conditions   | Adults   | Students | Children | Uniform & Equipment Prices   |
|--|----------|----------|----------|--|
| <b>Yearly Membership Fee</b><br>(Compulsory for all members and renewable annually)    | A\$100   | A\$100   | A\$100   | Grading Fee, Certificate & Shirt \$61<br>Complete Uniform (Shorts & Shirt) \$85<br>Complete Mini Muscles Uniform \$60<br>Uniform Shirt \$40<br>Uniform Singlets \$35<br>Uniform Shorts Cotton \$45<br>Uniform Long Pants \$55<br>Uniform Track Pants \$55<br>Mini Muscles Shorts \$35<br>Mini Muscles T Shirt \$30<br>Kids Boxing Gloves \$50<br>Thai Boxing Shorts \$50<br>Sarongs, Malongs & Ikats From \$20-\$50<br>Boxing Gloves From \$65<br>Bag Gloves From \$30<br>Aluminum Knife From \$40<br>Mouth Guard \$12<br>Shin & Instep Guard (cloth) \$28<br>Forearm Guard \$50<br>Groin Guard \$17<br>Kali Sticks From \$40<br>Padded Sticks Each \$30<br>Focus Mitts (Leather) P.O.A<br>DVDs From \$50<br>Kids Uniform Pants \$35 |
| Fortnightly Training Fee Option 1<br>(1 Class Per Week or 2 classes a fortnight)       | A\$45    | A\$45    | A\$45    |  |
| Fortnightly Training Fee Option 2<br>(2 Classes per week or 4 classes a fortnight)     | A\$61.50 | A\$56    | A\$56    |  |
| Fortnightly Training Fee Option 3<br>(Unlimited classes per fortnight)                 | A\$72.50 | A\$61.50 | A\$61.50 |  |
| Fortnightly Training Fee + 1 Private Lesson<br>(All Classes per Fortnight)             | A\$143   |          |          |  |
| Fortnightly Training Fee + 2 Private Lessons per fortnight                             | A\$205   |          |          |  |
| Private Lesson<br>(Up to two People)   | A\$95    | A\$95    | A\$130   |  |
| 4 Private Lessons (No Classes)<br>(Kids & Teens Lessons are 30 mins, Adults are 1 hr)  | A\$320   |          | A\$250   |  |
| 10 Private Lessons (No Classes)<br>(Kids & Teens Lessons are 30 mins, Adults are 1 hr) | A\$785   |          | A\$500   |  |
| 20 Private Lessons (No Classes)<br>(Kids & Teens Lessons are 30 mins, Adults are 1 hr) | A\$1,400 |          | A\$900   |  |

## Terms and Conditions

1. All fee payments are made via direct debit by Ezidebit. All fees will be debited every fortnight on a Thursday. Should you join half-way through a fortnight the fee will be calculated pro-rata.
2. A late fee or dishonour fee applies to all fortnightly and private lesson fees that are not paid on time. This will be automatically added to the amount owing.
3. All private lessons must be booked in advance. Twenty-four (24) hours notice of cancellation is required, otherwise full payment must be met. Private lessons expire after 3 months.
4. Prices, times and terms are subject to change at any time with out notice.
5. Please note that the 'students' fee bracket only applies to students undertaking teens classes.
6. All 30 min private lessons are priced at \$90 per hour and are only sold in full hours (excluding 20-hour blocks)

