



Progressive Martial Arts Academy International

ABN 46 612 740 299

Chief Instructor Simo Cookie Vassiliou

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

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

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

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 are only sold in full hours (excluding 20-hour blocks)

