



THE MARTIAL ARTS ACADEMY

The Martial Arts Academy TIMETABLE & FEES

Hwa Rang Taekwon-Do

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					TKD Beginners Class 9.30am-10.30am	
					Open Mats 12.00pm-2.00pm	
		TKD Kids Accelerator Class 3.30pm-4.30pm				
TKD Warriors (kids) 4.15pm-5.15pm		TKD Warriors 4.30pm-5.30pm				TKD General Class 4.30pm-6.00pm
TKD General Class 5.30pm-7.00pm			TKD General Class 5.30pm-7.00pm	TKD Technique Clinic 5.30pm-6.30pm		
	TKD Adult Beginners 6.15pm-7.15pm TKD Seniors Class 6.15pm-7.45pm					

Silver membership \$50 per month, Gold membership \$65 per month. Minimum 3 month plan.

Hybrid MMA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Open Mats 12.00pm-2.00pm	
				MMA 6.30pm-8.00pm		
MMA 7.00pm-8.30pm		MMA 7.00pm-8.30pm				

\$65 per month. Minimum 3 month plan.

Roger Gracie BJJ Academy NZ

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Open Mats 12.00pm-2.00pm	
	Kids BJJ 4.30pm-5.30pm		Kids BJJ 4.30pm-5.30pm		BJJ No Gi 12.30pm-2.00pm	
BJJ 5.30pm-7.00pm		BJJ 5.30pm-7.00pm				

\$65 per month. Minimum 3 month plan.

Nak Rop Muay Thai

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Muay Thai 10.30am-12.00pm	
					Open Mats 12.00pm-2.00pm	
				Kids Muay Thai 4.30pm-5.30pm		
		Muay Thai 6.30pm-8.00pm		Fighters Only 6.30pm-8.00pm		
Muay Thai 7.00pm-8.30pm						

\$65 per month. Minimum 3 month plan.

Capoeira Tauranga

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Capoeira 4.30pm-5.30pm		Capoeira 4.30pm-5.30pm				

\$50 per month. Minimum 3 month plan.

Chen Wu Kuan Shaolin Kung Fu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Junior Shaolin Kung Fu 4.15pm-5.15pm		Junior Shaolin Kung Fu 4.15pm-5.15pm			
	Adult Shaolin Kung Fu 5.30pm-7.00pm		Adult Shaolin Kung Fu 5.30pm-7.00pm			

\$50 per month. Minimum 3 month plan.

Fitness Programmes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flex Fit 12.05pm-12.50pm	Fight - Fit 12.10pm-12.50pm	Circuit Training 12.10pm-12.50pm	Flex Fit 12.05pm-12.50pm Fight - Fit 12.10pm-12.50pm			
	Fight - Fit 5.15pm-6.15pm	Fight - Fit 5.30pm-6.30pm		Fight - Fit 5.30pm-6.30pm		

Silver membership \$50 per month, Gold membership \$65 per month. Minimum 3 month plan.

Additional Membership Options

Primary & Intermediate School Children \$100 per term.

Combat Membership \$100 per month, 2 x clubs or 1 club and fitness.

Warrior Membership \$130 per month, all clubs & fitness + 2 free seminars.

Concession Card \$100 for 10 training sessions, all clubs and fitness.

Casual walk in \$15 per class.

First class FREE! Family discounts available.

Private training from \$50 per hour.

Discounts available for 12 month membership paid in advance.

Terms of membership can be found at <http://tmaa.co.nz/terms-membership>



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