

WEEKDAY CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00PM	LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)
4:30PM	KIDS ALL BELTS (45 MINS)	LITTLE CHEETAHS (30 MINS)	KIDS ALL BELTS (45 MINS)	LITTLE CHEETAHS (30 MINS)	KIDS ALL BELTS (45 MINS)
5:00PM					
5:15PM	PRODIGY PROGRAM (45 MINS)	KIDS ALL BELTS (45 MINS)	PRODIGY PROGRAM (45 MINS)	KIDS ALL BELTS (45 MINS)	
5:30PM					PRODIGY PROGRAM (1 HOUR)
6:00PM	KIDS WEAPONS (30 MINS)	KIDS BJJ (45 MINS)	KIDS WEAPONS (30 MINS)	KIDS BJJ (45 MINS)	
6:15PM					
6:30PM	TEENS AND ADULTS TAEKWONDO (45 MINS)		TEENS AND ADULTS TAEKWONDO (45 MINS)		WEAPONS (30 MINS)
6:45PM		ADULTS AND TEENS BJJ (1 HOUR)		ADULTS AND TEENS BJJ (1 HOUR)	
7:15PM	ADULTS KICKBOXING (45 MINS)		ADULTS KICKBOXING (45 MINS)		

SATURDAY CLASSES

TIME	SATURDAY
9:00AM	UFIT (40 MINS)
10:00AM	LITTLE CHEETAHS (30 MINS)
10:30AM	KIDS ALL BELTS (45 MINS)
11:15AM	PRODIGY PROGRAM (1 HOUR)
12:15PM	WEAPONS (30 MINS)

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