

WEEKDAY CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00AM	LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)
4:00PM	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)
4:30PM	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	
		UFIT (40 MINS)		UFIT (40 MINS)	
4:45PM					KIDS ALL BELTS (45 MINS)
5:00PM	KIDS BJJ (1 HOUR)		KIDS BJJ (1 HOUR)		
5:15PM	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS BJJ (45 MINS)
5:30PM					PRODIGY PROGRAM (1 HOUR)
6:00PM	PRODIGY PROGRAM (1 HOUR)	LITTLE CHEETAHS (30 MINS)	PRODIGY PROGRAM (1 HOUR)	LITTLE CHEETAHS (30 MINS)	ADULTS BJJ (1 HOUR)
	ADULTS BJJ (1 HOUR)	ADULTS BOXING (45 MINS)	ADULTS BJJ (1 HOUR)	ADULTS BOXING (45 MINS)	
	FIGHT TEAM (1 HOUR)		FIGHT TEAM (1 HOUR)		
6:30PM		JNR & SNR SPARRING CLUB (2 HOURS)		SENIOR SPARRING CLUB (2 HOURS)	KIDS WEAPONS (30 MINS)
		KIDS ALL BELTS (45 MINS)		KIDS ALL BELTS (45 MINS)	
6:45PM		ADULTS KICK BOXING (45 MINS)		ADULTS KICK BOXING (45 MINS)	
7:00PM	KIDS WEAPONS (30 MINS)	FIGHT TEAM (1 HOUR)	KIDS WEAPONS (30 MINS)		JNR & SNR SPARRING CLUB (1.5 HOURS)
	FILIPINO WEAPONS (30 MINS)		FILIPINO WEAPONS (30 MINS)		BEYOND BLACK BELT CLUB (1 HOUR)
	ALL LEVELS BOXING (1 HOUR)		ALL LEVELS BOXING (1 HOUR)		FIGHT TEAM & ALL LEVELS BOXING (1.5 HOURS)
7:30PM	ADULTS TAEKWONDO (1 HOUR)		ADULTS TAEKWONDO (1 HOUR)		
	BEYOND BLACK BELT CLUB (1 HOUR)		BEYOND BLACK BELT CLUB (1 HOUR)		

SATURDAY CLASSES

TIME	SATURDAY
7:30AM	JUNIOR AND SENIOR SPARRING CLUB (1.5 HOURS)
9:00AM	UFIT (40 MINS)
10:00AM	LITTLE CHEETAHS (30 MINS)
	ADULTS KICK BOXING (45 MINS)
10:45AM	KIDS ALL BELTS (45 MINS)
11:30AM	KIDS WEAPONS (30 MINS)
12:00PM	LITTLE CHEETAHS (30 MINS)

SUNDAY CLASSES

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

PRODIGY MARTIAL ARTS SEVEN HILLS
57 POWERS ROAD, SEVEN HILLS
(02) 9636 5767
INFO@TEAMPRODIGY.COM.AU



AS OF 31ST AUGUST 2026