






MARTIAL ARTS, SELF DEFENCE FITNESS

Printed: Jan 2025

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00AM			9:10AM TAI CHI, SWORD, QIGONG & MEDITATION		CORPORATE OFF SITE PROGRAMS	
10:00-11:00AM	10:40AM TAI CHI,SWORD, QIGONG & MEDITATION		SCHOOL TERMS ONLY			
AFTERNOON			4.30pm Time Slots are Primary aged Classes		CORPORATE OFF SITE PROGRAMS	ALL Saturday classes run during School Terms
4:30 - 5:30PM	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, S/D FITNESS + MAT NINJAS		TAE KWON DO,SELF DEFENCE & FITNESS		
EVENING			4:30 - 5:00pm Mat Ninjas are school terms			
6:00 - 7:00PM		KOBU JUTSU JAPANESE WEAPONRY		KOBU JUTSU JAPANESE WEAPONRY	Every day TKD 6.00pm Time Slots are All ages / Family Classes	WORKSHOP PROGRAMS
6:00 - 7:00PM	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, SELF DEFENCE & FITNESS		
7:00 - 8:00PM	7.00pm ideal for those that like a solid workout	JAPANESE JU JITSU		JAPANESE JU JITSU		
7:00 - 8:00PM	TAE KWON DO, SELF DEFENCE & FITNESS	7-7:50PM TAI CHI,SWORD, QIGONG & MEDITATION	TAE KWON DO, SELF DEFENCE & FITNESS M/A CONDITIONING (1/2 hour class + 1/2 hour conditioning)	TKD, S/D, STRENGTH & FITNESS (PIT T-shirt & Gi pants except 2nd Thursday each month)	Other Centres: Warragamba Leppington Moorebank Edensor Pk St Marys + QLD	
8:00 - 9:00PM				BLACK BELT ONLY		

Personal Defence Studios Pty Ltd

Head Office & Centre - The PIT

Unit 10 156 Hartley Rd, SMEATON GRANGE 2567

Www.ThePITMartialArts.com.au

P Professional | Instructional | T Teachings

ACN: 29 159 195 767

P.O. Box 3003,

NARELLAN NSW 2567

Phone: 0414 47 8383

E-mail: pdsmartialarts@gmail.com



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COMBAT FITNESS SERIES

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10.30AM	9:15 - 10:15AM 50+ CASUAL GYM , FITNESS & BALANCE <i>(Casual—work at your own pace)</i>	9:30-10:30AM FLEXICORE YOGA - <i>Flexibility, supple easy functional fitness</i>	9:10 - 10AM TAI CHI, SWORD , QIGONG & MEDITATION SCHOOL TERMS ONLY	SHORT COURSE WORKSHOPS & CORPORATE EVENTS	SCHOOL TERMS ONLY Other Programs offered @ The PIT <i>Check for Course Dates</i> <i>Ladies Street Smarts</i> Stepping On Falls Prevention Program Health & Active for Life Program	9 - 9:50AM BOX KICK HIIT <i>Master Gatt Invite only 50min Done!</i>
10:30 -11.30AM	10:40 - 11:30AM TAI CHI, SWORD QIGONG, MEDITATION	10:30 - 11:45AM 50+ GYM Personal Program Session 11:00 - 11:40AM 50+ BOXING, STRENGTH & FITNESS	10:00AM - 10:30AM 50+ GYM Personal Program Session 10:30—11:30AM 50+ GROUP FITNESS GYM, BALANCE, CARDIO & LAUGHTER			Term 1 2025 Booked Out
5:00 - 6:00PM		SCHOOL TERMS ONLY KIDS BOXING & K/BOXING 5PM - 5:45PM				
6:00 - 7:00PM		SCHOOL TERMS ONLY TEEN GYM Strength & Cardio 6PM - 6:50PM (13 - 17YRS)				
7:00 - 8:00PM	BOXING - SKILLS & FITNESS	7:00 - 7:50PM TAI CHI, SWORD QIGONG, MEDITATION	BOXING - SKILLS & FITNESS			
7:00 - 8:00PM		K/Box MMA SPARRING SESSION <i>(1st Tues)</i>	LADIES ONLY SELF DEFENCE SKILLS			
7:30 - 8:30PM	KICKBOXING - DRILLS, SKILLS & FITNESS		KICKBOXING - DRILLS, SKILLS & FITNESS			



LONGEVITY SENIOR SERVICES 50+ CLUB

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50+ FITNESS SESSIONS

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9:00 - 10.00AM Time slot	<p>We network with quality Physios & other Allied Health Org.</p>		<p>9:10 - 10:00am TAI CHI, SWORD, QIGONG & MEDITATION</p>	<p>SCHOOL TERMS ONLY</p> <p>COTA NEW SOUTH WALES For older Australians</p>	<p>Other Programs offered @ The PIT & Local area Check for Course Dates 6 weeks Longevity Stability, Strength & Safety Information Program</p>	
9:00 - 10.30AM Time slot	<p>9:15 - 10:15am <u>CASUAL SOCIAL</u> 50+ GYM , FTINESS & BALANCE SESSION Work at your own pace</p>	<p>9:30 - 10:30am <u>FLEXICORE- YOGA</u> Flexibility, supple functional fitness using fit balls, remedial bands - modifying as we go</p>	<p>10:00 - 10:30am <u>PERSONAL PROGRAM SESSION</u> *Personal Program done by Appointment Only.</p>	<p>9:30 - 11:00am <u>Longevity STABILITY & STRENGTH SESSION</u> For those not confident, injury recovery, rehab or getting back into exercise. *Bookings essential.</p>		<p>Cuppa Catchups 1st week of each month</p>
10:30 - 11:30AM Time Slot	<p>10:40 - 11:30am <u>TAI CHI, SWORD</u> QIGONG, MEDITATION</p>	<p>10:30 - 11:45am <u>PERSONAL PROGRAM SESSION</u> *Personal Program done by Appointment Only</p> <p>11:00 - 11:40am <u>50+ BOXING,</u></p>	<p>10:30 - 11:30am <u>50+ GROUP FITNESS</u> GYM, BALANCE CARDIO & LAUGHTER Whole Body Class</p>	<p>SCHOOL TERMS ONLY</p> <p>5:30 - 6:00pm <u>TAI CHI, SWORD</u> QIGONG. MEDITATION</p>		<p>CORPORATE OFF SITE PROGRAMS</p>
<p>TUES EVENING 7:00 - 7:50pm <u>TAI CHI, SWORD</u> QIGONG, MEDITATION</p>						