Personal Defence Studios Pty Ltd Head Office & Centre - The PIT Unit 10 156 Hartley Rd, SMEATON GRANGE 2567 Professional I Instructional T Teachings Chartley Rd, SMEATON GRANGE 2567 MARTIAL ARTS, SELF DEFENCE FITNESS						
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00AM 10:00-11:00AM	10:40AM TAI CHI,SWORD, QIGONG & MEDITATION	the working with children Check	9:10AM TAI CHI, SWORD , QIGONG & MEDITATION SCHOOL TERMS ONLY	APPROVED PROVIDER ACTIVE ACTIV	CORPORATE OFF SITE PROGRAMS	MAT NINJAS (3-5yrs) 2 X .5 HOUR CLASSES
AFTERNOON 4:30 - 5:30PM EVENING	TAE KWON DO, SELF DEFENCE & FITNESS	TAE KWON DO, S/D FITNESS + MAT NINJAS	4.30pm Time Slots are Primary aged Classes 4:30 - 5:00pm Mat	TAE KWON DO,SELF DEFENCE & FITNESS	CORPORATE OFF SITE PROGRAMS	<u>ALL Saturday</u> classes run during School Terms
6:00 - 7:00PM		KOBU JUTSU JAPANESE WEAPONRY	injas are school terms	KOBU JUTSU JAPANESE WEAPONRY		
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	Every day TKD 6.00pm Time Slots are All	WORKSHOP PROGRAMS
7:00 - 8:00PM	7.00pm ideal for those that like a solid	JAPANESE JU JITSU		JAPANESE JU JITSU	ages / Family Classes	
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)	<i>Other Centres.</i> <i>Leppington</i> Edensor Pk St	: Warragamba Moorebank
8:00 - 9:00PM				BLACK BELT ONLY	Luensor PK St	Marys + QLD
PDS - The PIT Providing an environment of Spirit Courage Loyalty www.thePITMartialArts.com.au						

and Dedication to enhance ones self

www.thePITMartialArts.com.au

ACN: 29 159 195 767 Personal Defence Studios Ptv Ltd P.O. Box 3003, Www.ThePITMartialArts.com.au NARELLAN NSW 2567 Head Office & Centre - The PIT Phone: 0414 47 8383 **P** Professional **I** Instructional **T** Teachings Unit 10 156 Hartley Rd, SMEATON GRANGE 2567 E-mail: pdsmartialarts@gmail.com COMBAT FITNESS SERIES Est.192 Printed: Jan 2025 TIMES MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 9:10 - 10AM TAI CHI. 9:15 - 10:15AM 9:30-10:30AM 9 - 9:50AM 9:00 - 10.30AM SCHOOL TERMS ONLY SWORD, QIGONG & 50+ CASUAL GYM , **FLEXICORE YOGA -**BOX KICK HIIT MEDITATION FTINESS & BALANCE Flexibility, supple Master Gatt Invite only **Other Programs** (Casual—work at vour easy functional fitness 50min Done! SCHOOL TERMS ONLY offered @ The own pace) SHORT COURSE PIT WORKSHOPS & 10:40 - 11:30AM 10:30 - 11:45AM 10:00AM - 10:30AM 10:30 -11.30AM We also have **Check for Course** CORPORATE TAI CHI, SWORD 50+ GYM Personal 50+ GYM Personal Personal Training in Dates **EVENTS QIGONG, MEDITATION Program Session Program Session** * Self Defence Ladies Street 11:00 - 11:40AM 10:30-11:30AM * Boxing Smarts 50+ BOXING. **50+ GROUP FITNESS** * Kickboxing STRENGTH & FITNESS GYM, BALANCE, **Stepping On Falls** * Weight Loss **CARDIO & LAUGHTER** Prevention * Fitness Training Program KIDS BOXING & * Cross Training 5:00 - 6:00PM Term 1 SCHOOL TERMS ONLY K/BOXING 5PM - 5:45PM * All of our Martial 2025 Health & Active ന Arts for Life Program **TEEN GYM** Strength & **Booked Out** 6:00 - 7:00PM SCHOOL TERMS ONLY * Ladies only Street Cardio 6PM - 6:50PM smart Sessions (13 - 17YRS) * 50+ Members have **BOXING - SKILLS & BOXING - SKILLS &** 7:00 - 7:50PM 7:00 - 8:00PM CORPORATE access to COTA -**FITNESS** FITNESS TAI CHI, SWORD 'Living Longer Living OFF SITE **QIGONG, MEDITATION** Stronger' PROGRAMS **K/Box MMA SPARRING** LADIES ONLY SELF 7:00 - 8:00PM Company, Group or SESSION (1st Tues) **DEFENCE SKILLS** Individual sessions **KICKBOXING - DRILLS, KICKBOXING - DRILLS,** 7:30 - 8:30PM Fitness Australia by Appointment

SKILLS & FITNESS

SKILLS & FITNESS

ACN: 29 159 195 767 LONGEVITY SENIOR SERVICES 50+ CLUB P.O. Box 3003, NARELLAN NSW 2567 Www.ThePITMartialArts.com.au Head Office & Centre - The PIT Phone: 0414 47 8383 Unit 10 156 Hartley Rd, SMEATON GRANGE 2567 **P** Professional **I** Instructional **T** Teachings E-mail: pdsmartialarts@gmail.com **50+ FITNESS SESSIONS** Est.19 Printed: Jan 2025 TIMES TUESDAY **WEDNESDAY** THURSDAY **SATURDAY** MONDAY FRIDAY 9:10 - 10:00am 9:00 - 10.00AM We network SCHOOL TERMS ONLY **Other Programs** TAI CHI, SWORD, with quality offered @ The Time slot **Physios & other OIGONG &** Allied Health Org. PIT & Local area **MEDITATION** NEW SOUTH WALES For older Australians **Check for Course** 9:15 - 10:15am **Cuppa Catchups 1st** 9:30 - 10:30am 10:00 - 10:30am 9:30 - 11:00am 9:00 - 10.30AM Dates **FLEXICORE-YOGA** week of each month **CASUAL SOCIAL** PERSONAL Longevity 6 weeks Time slot 50+ GYM , FTINESS & Flexibility, supple **PROGRAM SESSION STABILITY &** Longevity BALANCE SESSION functional fitness STRENGTH SESSION Stability, *Personal Program using fit balls, Work at your own pace For those not confident, Strength & Safety done by Appointment injury recovery, rehab remedial bands -Information Only. or getting back into modifying as we go Program exercise. *Bookings essential. Off site weekly Tai Chi 10:30 - 11:30AM 10:40 - 11:30am 10:30 - 11:45am 10:30 - 11:30am CORPORATE SCHOOL TERMS ONLY Classes also at The Oaks, **TAI CHI, SWORD** PERSONAL **OFF SITE 50+ GROUP FITNESS** Warragamba, Picton, **Time Slot QIGONG. MEDITATION PROGRAM SESSION GYM. BALANCE** PROGRAMS Cobbitty, Campbeltown **CARDIO & LAUGHTER** *Personal Program **TUES EVENING 7:00 - 7:50pm Facilitators for** Whole Body Class done by Appointment 5:30 - 6:00pm TAI CHI, SWORD Stepping On &

Staying Active — HEALTHY

TAI CHI, SWORD

QIGONG. MEDITATION

active

Healthy & Active for

Life Program

Martial Arts Health

QIGONG, MEDITATION

11:00 - 11:40am 50+ BOXING.

Only