



WAIMA

WA INSTITUTE OF MARTIAL ARTS

MYAREE

Updated 1/9/2018

	Monday	Tuesday	Wednesday	Thursday	Friday
12:30 to 1:30 pm	Freestyle Senior All Ranks		Freestyle Senior All Ranks		Muay Thai Senior All Ranks
Junior Classes					
3:30 to 4:15 pm	Freestyle 5-8 years White / Yellow	Ninja Ru 3-4 years	Freestyle 5-8 years Orange / Blue	Freestyle 5-8 Orange Blue	Freestyle 5-13 years White / Yellow
4:15 to 5:00 pm	Freestyle 5-8 years Orange / Blue	Freestyle 9-13 years White / Yellow	Freestyle 5-8 years White / Yellow	Freestyle 9-13 years White / Yellow	Freestyle 9-13 years Orange / Blue
5:00 to 5:45 pm	Black Belt Club 5-8 years	Freestyle 5-13 years Brown / Black	Freestyle 9-13 years Orange / Blue	Black Belt Club Green Brown Black	Freestyle 5-13 years Brown / Black
5:45 to 6:30 pm	Freestyle 5-13 years Green	Freestyle 9-13 years Orange / Blue	Freestyle 5-13 Green	Black Belt Club Orange / Blue 9-13 years Jnr Leadership	Freestyle 5-13 years Green
Adult Classes					
6:30 to 7:30 pm	Freestyle White / Yellow	Freestyle Orange - Blue	Freestyle White / Yellow	Freestyle White Yellow	IDS Krav Maga
7:30 to 8:30 pm	Muay Thai Foundations	Elite	Muay Thai All Ranks Freestyle Green—Black	Freestyle Orange - Black	
8:30 to 9:30 pm	Freestyle Orange / Black	Freestyle Green- Black	IDS Krav Maga	Muay Thai & Freestyle. Sparring & Grading Prep	

	Saturday
8:30 to 9:00 am	Ninja Ru 3-4 years
9:00 to 9:45 am	Freestyle 5-9 years White / Yellow
9:45 to 10:30am	Freestyle 9-13 years White / Yellow
10:30 to 11:15 am	Freestyle 5-9 years Orange / Blue
11:15 to 12:00pm	Freestyle 9-13 years Orange / Blue
12:00 to 12:45 pm	Freestyle 5-13 years Green
12:45 to 1:30pm	Freestyle 5-13 years Brown /Black
1:30 to 2:00 pm	Junior / Senior Catch up class BOOKING ONLY

	Sunday
8:30 to 9:00am	Ninja Ru 3-4 years
9:00 to 9:45 am	GPG Freestyle 5-8 years White - Blue
9:45 to 10:30 am	GPG Freestyle 9-13 years White - Blue
10:30 to 11:15 am	Freestyle 5-13 years Green - Black
11:15 to 12:15 pm	GPG Freestyle Senior All Ranks

Green Brown Grading Prep



Personal Training Sessions

1 hour and ½ hour sessions available on weekday mornings and weekends. Need to catch up on requirements or boost your fitness? See reception for availability.

Birthday Parties

Multiple package options to suit your child's needs. Make your next child's party one to remember. See reception for more information.