

ZMAX CLASS

SCHEDULE

JULY 2026



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MON		TUE		WED		THU		FRI	SAT		
MORNING CLASSES											
LITTLE DRAGONS 10AM TO 10:30AM 30 MINS AGES 2-6		LITTLE DRAGONS 10AM TO 10:30AM 30 MINS AGES 2-6				LITTLE DRAGONS 10AM TO 10:30AM 30 MINS AGES 2-6			LITTLE DRAGONS 8:45AM TO 9:15AM 30 MINS AGES 2-7	LITTLE WARRIORS & ALL AGES KRAV MAGA 8:45AM TO 9:15AM 30 MINS ALL AGES	
AFTERNOON / EVENING CLASSES											
LITTLE DRAGONS 4:30PM TO 5PM 30 MINS AGES 2-7	LITTLE WARRIORS KRAV MAGA & FITNESS 4:30PM TO 5PM 30 MINS AGES 6-10	TAEKYUN 4:30PM TO 5:15PM 45 MINS JUNIORS 6-10	LITTLE DRAGONS 4:30PM TO 5PM 30 MINS AGES 2-7	LITTLE WARRIORS KRAV MAGA & FITNESS 4:30PM TO 5PM 30 MINS AGES 6-10	LITTLE DRAGONS 4:30PM TO 5PM 30 MINS AGES 2-7	LITTLE WARRIORS KRAV MAGA & FITNESS 4:30PM TO 5PM 30 MINS AGES 6-10			TAEKYUN 9:30AM TO 10:15AM 45 MINS ALL AGES CLASS		
KOREAN SWORDS HDGD 5:15:PM TO 6PM 45 MINS AGES 7 +	KMDI KRAV MAGA 5PM TO 5:30PM 30 MINS TEENS/ADULTS	TAEKYUN 5:15PM TO 6PM 45 MINS ALL AGES OT CLASS	TAEKYUN 5PM TO 5:45PM 45 MINS ALL AGES CLASS		TAEKYUN 5:15PM TO 6PM 45 MINS ALL AGES CLASS					KOREAN SWORDS HDGD 10:15AM TO 11AM 45 MINS AGES 7 +	
	FIGHTING FIT 5:30PM TO 6PM 30 MINS YOUTH/ADULT		KOREAN SWORDS HDGD 5:45:PM TO 6:30PM 45 MINS AGES 7 +	FIGHTING FIT 6PM TO 6:30PM 30 MINS YOUTH/ADULT							
MMA 6PM TO 7PM 60 MINS TEENS/ADULTS		COMBAT SPARRING 6PM TO 6:45PM 45 MINS TEENS/ADULTS	MMA 6:30PM TO 7:30PM 60 MINS TEENS/ADULTS								