thrive
MARTIAL ARTS
+ HIGH PERFORMANCE

Students can attend classes ONCE or TWICE per week.

(*Contact the Thrive team for information about one or two day programs and packages.)*

Classes generally run according to school terms.

(I.e. - 4 terms per year - 10 weeks per term) There may be classes during the school holidays at times.

Students may be placed in a different class to their age group at the discretion of the Head Instructor.

Contact the Thrive Team for more information about our programs and to book your Free Trial!

0498962498

Monday	Thursday	Saturday
MORNING CLASSES		
		MINI THRIVERS *Preschool Martial Arts Program* **Preschool age** *(3.5 - 5 Years)* **8:30am-9:15am**
AFTERNOON / EVENING CLASSES		
LITTLE THRIVERS *Kids Martial Arts Program* ***Kindy - Year 1*** *(or age equivalent)* **4:10pm - 4:55pm**	**LITTLE THRIVERS** *Kids Martial Arts Program* ***Kindy - Year 1*** *(or age equivalent)* **4:10pm - 4:55pm**	
YOUNG THRIVERS *Kids Martial Arts Program* ***Year 2 - Year 3*** *(or age equivalent)* **5:05pm - 6:05pm**	**YOUNG THRIVERS** *Kids Martial Arts Program* ***Year 2 - Year 3*** *(or age equivalent)* **5:05pm - 6:05pm**	
JUNIOR THRIVERS *Pre-teen Martial Arts Program* ***Year 4 - Year 6*** *(or age equivalent)* **6:15pm - 7:15pm**	**JUNIOR THRIVERS** *Pre-teen Martial Arts Program* ***Year 4 - Year 6*** *(or age equivalent)* **6:15pm - 7:15pm**	
YOUTH COMBAT + CONDITIONING *Combat + Strength & Conditioning Training* ***Ages 13+*** **7:20pm - 8:20pm**	**YOUTH COMBAT + CONDITIONING** *Combat + Strength & Conditioning Training* ***Ages 13+*** **7:20pm - 8:20pm**	