



**MAT 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:30am	BRAZILIAN JIU JITSU		NO-GI JIU JITSU		BRAZILIAN JIU JITSU	10:00am	JUNIORS JIU JITSU AGES 5-12
12:00pm	BRAZILIAN JIU JITSU	NO-GI JIU JITSU*	BRAZILIAN JIU JITSU	NO-GI JIU JITSU*	10:00am OPEN MAT GI & NO-GI	11:00am	BRAZILIAN JIU JITSU
4:10pm	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS COMP CLASS GI AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	12:00pm	OPEN MAT GI & NO-GI
5:00pm	JUNIORS JIU JITSU AGES 5-12	BRAZILIAN JIU JITSU TECHNICAL	JUNIORS COMP CLASS GI AGES 5-12	BRAZILIAN JIU JITSU TECHNICAL	JUNIORS NO-GI / WRESTLING AGES 5-12		
6:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS	OPEN MAT GI	BRAZILIAN JIU JITSU FUNDAMENTALS	OPEN MAT GI	OPEN MAT GI & NO-GI		
7:00pm	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS			

\*Classes may be run on mat 1 or 2

**CLASS KEY**

FUNDAMENTALS	BJJ Fundamentals Gi Class dedicated to beginners (less than 4 stripes on White belt) & adults over 35 years of age (Coloured Belts)
JUNIORS	Dedicated to our junior program
ALL LEVELS	All students may participate in these classes. They will be mixed level classes suitable for beginners.
BMA	Mixed martial arts classes for members on a dual kickboxing and BJJ membership (Bankstown Martial Arts Membership)

## MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:00pm	<b>NO-GI JIU JITSU TECHNICAL</b>	JUNIORS NO-GI / WRESTLING	<b>NO-GI JIU JITSU TECHNICAL</b>	JUNIORS WRESTLING		10:00am	<b>WOMANS ONLY JIU JITSU</b>
6:00pm	<b>NO-GI OPEN MAT</b>	<b>MMA</b>	<b>NO-GI OPEN MAT</b>	<b>ADVANCED WRESTLING</b>		11:00am	<b>FUNDAMENTALS MMA *</b>
7:00pm	<b>NO-GI FUNDAMENTALS JIU JITSU*</b>	<b>SUBMISSION GRAPPLING*</b>	<b>BOXING FOR MMA*</b>	<b>FUNDAMENTALS WRESTLING*</b>		12:00pm	<b>MMA</b>

\*recommended for beginners looking to do mma

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Membership packages are all based on a **3 MONTH COMMITMENT WITH NO OPTION OF CANCELLATION.**

Memberships are only payable via Direct Debit. **New Members are required to purchase a uniform**

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