



ADULT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 - 2PM BJJ (No GI) FUNDAMENTALS @KAWANA		1 - 2PM BJJ (No GI) FUNDAMENTALS @KAWANA	1 - 2PM BJJ ALL LEVELS @KAWANA	1 - 2PM BJJ ALL LEVELS @KAWANA	8 - 9AM WOMEN'S ONLY BJJ FUNDAMENTALS @KAWANA
5 - 6PM YOGA	5.30 - 6.30PM BEGINNERS BJJ (NO GI)	5.30 - 6.30PM ALL LEVELS BJJ (GI)	5.30 - 6.30PM BEGINNERS BJJ (GI)	5.30 - 6.30PM ALL LEVELS BJJ (NO GI)	10.50 - 11.30AM ALL LEVELS BJJ (GI)
6 - 7PM ALL LEVELS BJJ (GI)	6:30 - 7:30PM ALL LEVELS BJJ (NO GI)	6:30 - 7:30PM MMA ALL LEVELS	6:30 - CLOSE ALL LEVELS BJJ	6:30 - 7:30PM MMA ALL LEVELS	11:30 - CLOSE OPEN MAT ALL LEVELS (GI AND NO GI)
7PM - CLOSE OPEN MAT	7:30PM - CLOSE OPEN MAT	7:30PM - CLOSE OPEN MAT	7:30PM - CLOSE TEAM EVENTS & OPEN MAT	7:30PM - CLOSE OPEN MAT	

CLASS DESCRIPTIONS

@KAWANA

CLASSES ARE HELD AT OUR KAWANA ACADEMY AT 10 CAPITOL PLACE, BIRTINYA.

BEGINNERS BJJ

CLASSES ARE PERFECT TO GET YOUR FIRST TASTE OF BRAZILIAN JIU-JITSU ALL THE WAY THROUGH TO INTERMEDIATE LEVEL.

ALL LEVELS

LEVEL OF INSTRUCTION WILL BE TAILORED TO SUIT THE SKILL LEVEL OF PARTICIPANTS.

MMA

COMPREHENSIVE STRIKING PROGRAM IDEAL FOR THOSE LOOKING TO GET IN THE CAGE OR WANTING AN IN DEPTH UNDERSTANDING OF SELF DEFENCE

GI

TRAINING IN THE GI OR UNIFORM (LOANER GI'S AVAILABLE)

NO GI

TRAINING WITHOUT THE GI (OR UNIFORM) USUALLY IN MMA SHORTS AND A RASH GUARD.

YOGA

MINDSET AND FLEXIBILITY FOR INCREASED PERFORMANCE LONGEVITY.

PT

PRIVATE LESSONS ARE AVAILABLE ON REQUEST. BOOKINGS MANDATORY.

