



ADULTS CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|
| | 6:00 – 7:00 BJJ ALL LEVELS | | 6:00 – 7:00 NOGI ALL LEVELS | | 8:00 – 9:00 SFC |
| 9:30 – 10:30 BOXING | | 9:30 – 10:30 SFC | | 9:30 – 10:30 BOXING | 10:30 – 11:15 FAMILY CLASS |
| 12:30 – 1:30 BJJ FUNDAMENTALS | | 12:30 – 1:30 BJJ ALL LEVELS | | 12:30 – 1:30 NOGI ALL LEVELS | 11:15 – 12:45 BJJ ALL LEVELS |
| 5:45 – 6:30 INTRO CLASS | 5:30 – 6:30 BOXING | 5:45 – 6:30 INTRO CLASS | 5:30 – 6:30 SFC | 5:45 – 6:30 WOMEN'S ONLY | |
| 6:30 – 7:30 BJJ ALL LEVELS | 6:30 – 7:30 NOGI ALL LEVELS | 6:30 – 7:30 BJJ FUNDAMENTALS | 6:30 – 7:30 BJJ ALL LEVELS | 6:30 – 7:30 BJJ FUNDAMENTALS | |
| 7:30 – 8:30 OPEN MAT | 7:30 – 8:30 WRESTLING | 7:30 – 8:30 BJJ ADVANCED | 7:30 – 8:30 NOGI ADVANCED | 7:30 – 8:30 OPEN MAT | |

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| INTRO | A class designed specifically for absolute beginners, focusing predominantly on self-defence. (white belts only) |
| FUNDAMENTALS | Our core skills and technique for BJJ. For beginners through to the intermediate stages. You will be partnered with other members at a similar stage. |
| ALL LEVELS | This class is designed to accommodate all levels from beginners to advanced. |
| ADVANCED (GI/NOGI) | A class based on more advanced techniques and concepts aiming to develop skills for intermediate through to advanced members (coloured belts only) |
| BOXING | A class for all levels focusing on correct technique while maintaining a high intensity for a great workout. |
| NOGI | Without the Gi (uniform) bring shorts and a rash guard or a t-shirt. |
| WRESTLING | A class based on the stand up aspect of grappling and focusing on take downs and positional control. |
| SFC (Strength, Fitness & Conditioning) | A 60-minute workout aimed to improve overall strength, fitness and flexibility |
| WOMEN'S ONLY | This women's only class is based on a combination of self-defence and fundamental techniques, Great class to build confidence. |



JUNIOR CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|
| | 9:30 – 10:00 KOALAS 2 - 4 YEARS | | 9:30 – 10:00 KOALAS 2 - 4 YEARS | | 9:00 – 9:30 KOALAS 2 - 4 YEARS |
| | | | | | 9:45 – 10:30 COMBINED |
| 3:30 – 4:00 PANDAS 4 - 7 YEARS | 3:30 – 4:15 MONKEYS 7+ YEARS | 3:30 – 4:00 PANDAS 4 - 7 YEARS | 3:30 – 4:15 MONKEYS 7+ YEARS | 3:30 – 4:00 PANDAS 4 - 7 YEARS | 10:30 – 11:15 FAMILY CLASS |
| 4:10 – 4:55 MONKEYS 7+ YEARS | 4:25 – 4:55 PANDAS 4 - 7 YEARS | 4:10 – 4:55 MONKEYS 7+ YEARS | 4:25 – 4:55 PANDAS 4 - 7 YEARS | 4:10 – 4:55 MONKEYS 7+ YEARS | |
| 5:00 – 5:30 SPARRING/ COMP TRAINING | | 5:00 – 5:30 SPARRING/ COMP TRAINING | | 5:00 – 5:30 SPARRING/ COMP TRAINING | |

KOALAS (2 - 4 YEARS)

Done with a parent this class is designed to improve gross motor skills, listening skills, discipline and serve as an introduction into martial arts. Loads of fun and a great class for bonding between parent and child.

PANDAS (4 - 7 YEARS)

Play is scientifically proven as the best way for young children to learn. In this class they will develop the same skills and techniques as older kids and adults, but it is taught in a playful manner that will make learning easier and more fun for your child. Great for self-confidence and discipline.

MONKEYS (7+ YEARS)

We want all of our members to achieve to their fullest, in this age group the kids are learning in a more adult structured class. This brings focus, discipline and reward for effort to the forefront of our teaching style.

SPARRING/ COMP TRAINING

This class is a 30 minute sparring class designed to improve the application of techniques with realistic timing and resistance. Great class for those wanting to improve their Jiu Jitsu and those wanting to compete.

FAMILY CLASS

This class covers a fundamental technique taught during the week. A great class for bonding between families as it is an opportunity for parents, children and siblings to train together.