infinity martial arts

SANDGATE TIMETABLE

43 Brighton Road, Sandgate Qld 4017

ADULTS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 7:00 **BJJ** ALL LEVELS	6:00 – 7:00 **BJJ NOGI** ALL LEVELS	6:00 – 7:00 **BJJ NOGI** ALL LEVELS		6:00 – 7:00 **PRIVATE LESSONS AVAILABLE**
7:00 – 9:00 **PRIVATE LESSONS AVAILABLE**	7:00 – 9:00 **PRIVATE LESSONS AVAILABLE**	7:00 – 9:00 **PRIVATE LESSONS AVAILABLE**	7:00 – 9:00 **PRIVATE LESSONS AVAILABLE**	7:00 – 9:00 **PRIVATE LESSONS AVAILABLE**	7:00 – 7:45 **STRETCH & MOBILITY**
					7:45 – 8:45 **OPEN MAT**
12:30 – 1:30 **INTRO BJJ** FUNDAMENTALS		12:30 – 1:30 **BJJ NOGI** ALL LEVELS		12:30 – 1:30 **BJJ** ALL LEVELS	10:45 – 11:15 **FAMILY CLASS** AGES 4+
1:30 – 2:00 **OPEN MAT**		1:30 – 2:00 **OPEN MAT**			
			4:45 – 5:30 **WOMEN'S ONLY NOGI** ALL LEVELS	4:45 – 5:30 **WOMEN'S ONLY BJJ** ALL LEVELS	
	4:45 – 5:30 **Q&A** ALL LEVELS		5:30 – 6:30 **BOXING** ALL LEVELS	5:30 – 6:30 **BOXING** ALL LEVELS	
5:30 – 6:30 **BJJ** ALL LEVELS	5:30 – 6:30 **BJJ NOGI** ALL LEVELS	5:30 – 6:30 **ADVANCED NOGI** INVITATION ONLY	5:30 – 6:30 **INTRO BJJ** FUNDAMENTALS	5:30 – 6:30 **INTRO NOGI** FUNDAMENTALS	
6:30 – 7:30 **ADVANCED NOGI** INVITATION ONLY	6:30 – 7:30 **MMA** ALL LEVELS	6:30 – 7:30 **BJJ** ALL LEVELS	6:30 – 7:30 **BJJ** ALL LEVELS	6:30 – 7:30 **BJJ NOGI** ALL LEVELS	
7:30 – 8:30 **MMA** ALL LEVELS	7:30 – 8:30 **ADVANCED BJJ** INVITATION ONLY	7:30 – 8:30 **INTRO BJJ** FUNDAMENTALS	7:30 – 8:30 **ADVANCED BJJ** INVITATION ONLY	7:30 – 8:00 **OPEN MAT**	

INTRO BJJ	A class designed to help beginners and experienced grapplers master the fundamental movements (all levels welcome).
NOGI	Without the Gi (uniform) bring shorts and a rash guard or a t-shirt.
BOXING	A class for all levels focusing on correct technique and footwork while maintaining a high intensity for a great workout.
BJJ (BRAZILIAN JIU JITSU)	BJJ (Brazilian Jiu Jitsu) is a grappling orientated self defence martial art that any one of any age or physicality can do. Techniques are based on improving position by defending strikes, taking down your opponent, and continuing to advance position and control your opponent.
OPEN MAT	Open mats are an unsupervised session where members can train as they please, use the bags, pads and have a workout as they please.
MMA	This class combines all aspects of MMA for all levels of experience incorporating Boxing, Muay thai, Wrestling and BJJ to improve technique and build overall competency.
Q&A	This is where students can work on there individual goals and techniques under the assistance and supervision of a coach.
FAMILY CLASS	This class is open to all ages and covers a fundamental self-defence technique. This class is a great bonding time between families as it is an opportunity for parents, children and siblings to train together.

InfinitySandgate
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