

ADULT CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIVATE LESSONS AVAILABLE	6:00 - 7:00AM BJJ ALL LEVELS	6:00 - 7:00AM NO-GI BJJ ALL LEVELS	6:00 - 7:00AM BJJ ALL LEVELS	PRIVATE LESSONS AVAILABLE	11:00 - 12:00PM NO-GI BJJ ALL LEVELS
PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	PRIVATE LESSONS AVAILABLE	12:00 - 1:00PM OPEN MAT ALL LEVELS
5:30 - 6:30PM INTRO BJJ BEGINNER CLASS	5:30 - 6:30PM BJJ ALL LEVELS	5:30 - 6:30PM INTRO BJJ BEGINNER CLASS	5:30 - 6:30PM BJJ ALL LEVELS	5:30 - 6:30PM BJJ ALL LEVELS	
6:30 - 7:30PM NO-GI BJJ ALL LEVELS	6:30 - 7:30PM BJJ COMPETITION CLASS	6:30 - 7:30PM NO-GI BJJ ALL LEVELS	6:30 - 7:30PM BJJ COMPETITION CLASS	6:30 - 7:30PM OPEN MAT ALL LEVELS	
7:30 - 8:30PM OPEN MAT ALL LEVELS	7:30 - 8:30PM OPEN MAT ALL LEVELS	7:30 - 8:30PM OPEN MAT ALL LEVELS	7:30 - 8:30PM OPEN MAT ALL LEVELS		

3/23 Packer Road, Baringa QLD 4551

INTRO BJJ

You will begin your Jiu Jitsu journey with a strong foundation. The curriculum focuses on introductory self-defence techniques, as well as core concepts in Jiu Jitsu practice that will aid in your development and progress. The uniform for this class is grappling shorts and rash guard.

BJJ

You will learn fundamentals techniques. You will be able to improve your overall Jiu Jitsu knowledge, improve your movement and coordination, and receive an introduction to more advanced Jiu Jitsu techniques. The uniform for this class is 'Gi' and is a vital part of any grappler's development.

NO-GI BJJ

You will learn the same Jiu Jitsu being taught in Gi classes but adapt them to No-Gi situations. No-Gi grappling tends to be a lot faster due to the lack of grips and handles used in the Gi. The uniform for this class is grappling shorts and rash guard.

BJJ COMPETITION CLASS

You will train primarily on positional sparring and competition rolling. Our competition program is designed to prepare you for competition. You will get an overview of tournament scenarios and how to handle certain situations that will arise on the competition mat. Bring both 'Gi' and No-Gi uniforms to this class.

OPEN MAT

You can use the open mat to continue training your skills by drilling techniques, free rolling, positional sparring, stretching, or socialising with teammates.

All classes taught in a safe and structured environment

NO LOCK IN CONTRACT

NO JOINING FEE

NO CANCELLATION FEE



WEEKLY MEMBERSHIP

Adults Unlimited Classes \$55

We have family discounts available