

ADULT CLASS TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| PRIVATE LESSONS AVAILABLE | PRIVATE LESSONS AVAILABLE | PRIVATE LESSONS AVAILABLE | PRIVATE LESSONS AVAILABLE | PRIVATE LESSONS AVAILABLE | 8:00 - 9:00AM NO-GI BJJ |
| 5:30 - 6:30PM NO-GI BJJ | 5:30 - 6:30PM BJJ | 5:30 - 6:30PM NO-GI BJJ | 5:30 - 6:30PM BJJ | 5:30 - 6:30PM BJJ | 9:00 - 10:00AM OPEN MAT |
| 6:30 - 7:30PM OPEN MAT | 6:30 - 7:30PM OPEN MAT | 6:30 - 7:30PM OPEN MAT | 6:30 - 7:30PM OPEN MAT | 6:30 - 7:30PM OPEN MAT | |

3/23 Packer Road, Baringa QLD 4551

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.

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