

JUNIORS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 - 4:00PM PANDAS 4-7 YEARS	3:30 - 4:00PM PANDAS 4-7 YEARS	3:30 - 4:00PM PANDAS 4-7 YEARS	3:30 - 4:00PM PANDAS 4-7 YEARS	3:30 - 4:00PM PANDAS 4-7 YEARS	9:00AM- 9:30AM KOALAS 2-4 YEARS
4:00 - 4:45PM MONKEYS 7-11 YEARS	4:00 - 4:45PM MONKEYS 7-11 YEARS	4:00 - 4:45PM MONKEYS 7-11 YEARS	4:00 - 4:45PM MONKEYS 7-11 YEARS	4:00 - 4:45PM MONKEYS/SHARKS 7-15 YEARS	9:30 - 10:00AM PANDAS 4-7 YEARS
4:45 - 5:30PM SHARKS 11-15 YEARS	4:45 - 5:30PM SHARKS 11-15 YEARS	4:45 - 5:30PM SHARKS 11-15 YEARS	4:45 - 5:30PM SHARKS 11-15 YEARS	4:45 - 5:30PM COMPETITION CLASS 7-15 YEARS	10:00 - 10:45AM MONKEYS/SHARKS 7-15 YEARS

3/23 Packer Road, Baringa QLD 4551

KOALAS 2-4 years

We focus on building gross motor skills as well as working on those listening skills. This is a parent and child participation class. This class is great fun and bonding time for you and your child. Learn BJJ games you can also play together at home.

PANDAS 4-7 Years

We focus on social development, with children partnering with other children to help develop their social skills. We will start to introduce BJJ as a self-defence martial art and as a recreational sport.

MONKEYS 7-11 Years

We focus to develop a higher level of concentration and commitment, and therefore a greater understanding of the techniques and their application in a self-defence situation, and in a competitive sports environment.

SHARKS 11-15 Years

We focus on higher technical development by learning more difficult sport BJJ techniques with strong self-defence fundamental techniques. We will also be looking to develop young leaders in this age group.

Competition class 7-15 Years

We focus on more technical drills and train at a higher intensity. Students will get an overview of tournament scenarios and how to prepare and to handle certain situations that will arise on the competition mat.

All classes taught in a safe and structured environment

NO LOCK IN CONTRACT

NO JOINING FEE

NO CANCELLATION FEE



WEEKLY MEMBERSHIP

Juniors \$45 (unlimited classes)

Koalas \$20 (1 class)

We have family discounts available

**FAIR PLAY VOUCHERS
ACCEPTED**

