



# Gracie Humaitá Bankstown Class Timetable

Unit 6/4 Bruncker Road, Chullora, 2190

Ph: (02) 87641491

MAT 1											
TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY
12:00 PM	BJJ ALL LEVELS GI CLASS	12:00 PM	BJJ ALL LEVELS GI CLASS	12:00 PM	BJJ ALL LEVELS NO-GI CLASS	12:00 PM	BJJ ALL LEVELS GI CLASS	12:00 PM	BJJ ALL LEVELS GI CLASS	10:00 AM	JUNIORS BJJ AGES 5-12
4:30 PM	JUNIORS BJJ AGES 8-12	4:00 PM	GIRLS ONLY CLASS 5-15	4:30 PM	JUNIORS BJJ AGES 8-12	4:00 PM	GIRLS ONLY CLASS 5-15	4:30 PM	JUNIORS BJJ AGES 8-12	11:00 AM	BJJ ALL LEVELS NO-GI CLASS
5:15 PM	JUNIORS BJJ AGES 8-12	5:00 PM	ADVANCED JUNIORS BJJ AGES 8-15*	5:15 PM	JUNIORS BJJ AGES 8-12	5:00 PM	ADVANCED JUNIORS BJJ AGES 8-15	5:15 PM	JUNIORS BJJ AGES 8-12	12:00 PM	BJJ OPEN MAT ALL LEVELS
6:00 PM	BJJ FUNDAMENTALS GI CLASS*	6:00 PM	BJJ FUNDAMENTALS GI CLASS*	6:00 PM	BJJ FUNDAMENTALS GI CLASS*	6:00 PM	BJJ ALL LEVELS GI CLASS	6:00 PM	BJJ ALL LEVELS GI CLASS (1.5 HOURS)		
7:00 PM	BJJ ALL LEVELS GI CLASS	7:00 PM	BJJ ALL LEVELS GI CLASS (1.5 HOURS)	7:00 PM	BJJ ALL LEVELS GI CLASS	7:00 PM	BJJ ALL LEVELS NO-GI CLASS (1.5 HOURS)				
8:00 PM	OPEN MAT COLOURED BELTS ONLY CLASS			8:00 PM	BJJ OPEN MAT ALL LEVELS	7:00 PM	BJJ ALL LEVELS NO-GI CLASS (1.5 HOURS)				

\*BJJ Fundamentals Gi class dedicated to beginners (less than 4 stripes on White belt) & adults over 35 years of age (all belts)

\*Advanced Juniors BJJ will include teenagers up to 15 years of age



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MAT 2									
TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY
4:30 PM	JUNIORS BJJ AGES 5-7	1:00 PM	BJJ SUBMISSION GRAPPLING NO-GI COLOURED BELT ONLY	4:30 PM	JUNIORS BJJ AGES 5-7			4:30 PM	JUNIORS BJJ AGES 5-7
5:15 PM	JUNIORS BJJ AGES 5-7	5:00 PM	ADVANCED JUNIORS BJJ AGES 5-7	5:15 PM	JUNIORS BJJ AGES 5-7	5:00 PM	ADVANCED JUNIORS BJJ AGES 5-7	5:15 PM	JUNIORS BJJ AGES 5-7
6:00 PM	BJJ ALL LEVELS GI CLASS	6:00 PM	BJJ ALL LEVELS NO-GI CLASS			6:00 PM	BJJ ALL LEVELS NO-GI CLASS		



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