



# Gracie Humatiá Bankstown Class Timetable

Unit 6/4 Bruncker Road, Chullora, 2190

Ph: (02) 87641431

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 OPEN MAT ALL LEVELS	10:00 AM	JUNIORS BJJ AGES 5-12
4:30 PM	JUNIORS BJJ AGES 8-12			4:30 PM	JUNIORS BJJ AGES 8-12			4:30 PM	JUNIORS BJJ AGES 8-12	11:00 AM	BJJ FUNDAMENTALS GI CLASS (All levels)
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		
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 FUNDAMENTALS GI CLASS* (45 MINS)	12:00 PM	OPEN MAT ALL LEVELS
7:00 PM	BJJ ALL LEVELS GI CLASS	7:00 PM	BJJ ALL LEVELS GI CLASS (1.5 HOURS)	7:00 PM	WRESTLING ALL LEVELS NO-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	OPEN MAT ALL LEVELS (30 MINS)			8:00 PM	OPEN MAT ALL LEVELS (30 MINS)	6:45 PM	OPEN MAT ALL LEVELS (45 MINS)

\*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	TIME	SATURDAY
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	11:00 AM	BJJ ALL LEVELS NO-GI CLASS
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 GI CLASS	6:00 PM	BJJ ALL LEVELS NO-GI CLASS	6:00 PM	BJJ ALL LEVELS DRILLING (45 MINS)		



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