



Gracie Humaitá 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 | ALL LEVELS JUNIORS BJJ AGES 5-12 |
| 4:30 PM | ADVANCED JUNIORS BJJ AGES 8-12 *** | | | 4:30 PM | ALL LEVELS JUNIORS BJJ AGES 8-12 | | | 4:30 PM | ALL LEVELS JUNIORS BJJ AGES 8-12 | 11:00 AM | BJJ FUNDAMENTALS GI CLASS (ALL LEVELS) |
| 5:15 PM | ALL LEVELS JUNIORS BJJ AGES 8-12 | 5:00 PM | ALL LEVELS JUNIORS BJJ AGES 8-15 | 5:15 PM | ALL LEVELS JUNIORS BJJ AGES 8-12 | 5:00 PM | ADVANCED JUNIORS BJJ AGES 8-15 *** | 5:15 PM | ALL LEVELS JUNIORS BJJ AGES 8-12 | 12:00 PM | OPEN MAT |
| 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) | | |
| 7:00 PM | BJJ ALL LEVELS GI CLASS | 7:00 PM | BJJ ADVANCED GI CLASS ** | 7:00 PM | WRESTLING ALL LEVELS NO-GI CLASS | 7:00 PM | BJJ SUBMISSION GRAPPLING NO-GI COLOURED BELT ONLY | | | | |
| 8:00 PM | COLOURED BELT OPEN MAT | | | 6:45 PM | OPEN MAT (45 MINS) | | | | | | |

* BJJ Fundamentals Gi Class dedicated to beginners (less than 4 stripes on White belt) & adults over 35 years of age (Coloured Belts)

** BJJ Advanced Gi Class are for students who have at least 3 stripes on their white belts.

*** Advanced Juniors BJJ are for students who have at least 3 stripes on their white belt and will be at the discretion of the instructor



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| MAT 2 | | | | | | | | | | | |
|---------|-----------------------------------|---------|---|---------|---------------------------------|---------|-----------------------------------|---------|-----------------------------------|----------|----------------------------|
| TIME | MONDAY | TIME | TUESDAY | TIME | WEDNESDAY | TIME | THURSDAY | TIME | FRIDAY | TIME | SATURDAY |
| 4:30 PM | ALL LEVELS JUNIORS BJJ AGES 5-7 | 1:00 PM | BJJ SUBMISSION GRAPPLING NO-GI COLOURED BELT ONLY | 4:30 PM | ALL LEVELS JUNIORS BJJ AGES 5-7 | | | 4:30 PM | ALL LEVELS JUNIORS BJJ AGES 5-7 | 10:00 AM | WOMENS ALL LEVELS GI CLASS |
| 5:15 PM | ADVANCED JUNIORS BJJ AGES 5-7 *** | 5:00 PM | ALL LEVELS JUNIORS BJJ AGES 5-7 | 5:15 PM | ALL LEVELS JUNIORS BJJ AGES 5-7 | 5:00 PM | ADVANCED JUNIORS BJJ AGES 5-7 *** | 5:15 PM | ALL LEVELS JUNIORS BJJ AGES 5-7 | 11:00 AM | 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 GI CLASS | 6:00 PM | BJJ FUNDAMENTALS NO-GI CLASS* | 6:00 PM | BJJ ALL LEVELS DRILLING (45 MINS) | | |
| 7:00 PM | BJJ FUNDAMENTALS GI CLASS* | | | 7:00 PM | BJJ FUNDAMENTALS GI CLASS* | | | | | | |



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