



Gracie Humaitá Bankstown Class Timetable

Unit 6/4 Brunner 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
4:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	4:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	4:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	4:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	4:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	11:00 AM	BJJ FUNDAMENTALS GI CLASS (ALL LEVELS)
5:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	5:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	5:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	5:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	5:00 PM	ALL LEVELS JUNIORS BJJ AGES 5-12	12:30 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*		
7:30 PM	BJJ ALL LEVELS GI CLASS	7:30 PM	BJJ ALL LEVELS GI CLASS			7:30 PM	BJJ SUBMISSION GRAPPLING NO-GI COLOURED BELT ONLY				

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



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@graciehumaitabankstown



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MAT 2											
TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY
6:30 PM	BJJ ALL LEVELS GI CLASS	1:00 PM	BJJ SUBMISSION GRAPPLING NO-GI COLOURED BELT ONLY	6:30 PM	BJJ ALL LEVELS GI CLASS	5PM	BJJ FUNDAMENTALS GI CLASS (ALL LEVELS)	6:00 PM	BJJ ALL LEVELS GI CLASS	11:00 AM	BJJ ALL LEVELS NO-GI CLASS
		5:00 PM	BJJ ALL LEVELS GI CLASS			6:30 PM	BJJ FUNDAMENTALS NO-GI CLASS*				
		6:30 PM	BJJ ALL LEVELS NO-GI CLASS								



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