



GRACIE

BANKSTOWN

MAT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:30am	BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU			10:00am	JUNIORS JIU JITSU AGES 5-12
10:30am	DRILLING GI & NO-GI		DRILLING GI & NO-GI			11:00am	BRAZILIAN JIU JITSU FUNDAMENTALS
12:00pm		BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU	OPEN MAT GI & NO-GI	12:00pm	OPEN MAT
4:10pm	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12		
5:00pm	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12		
6:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU FUNDAMENTALS	WRESTLING FUNDAMENTALS	BRAZILIAN JIU JITSU FUNDAMENTALS		
7:00pm	ADVANCED BRAZILIAN JIU JITSU	ADVANCED BRAZILIAN JIU JITSU	NO-GI SUBMISSION GRAPPLING	WRESTLING ADVANCED			

CLASS KEY

LIME	BJJ Fundamentals Gi Class dedicated to beginners (less than 4 stripes on White belt) & adults over 35 years of age (Coloured Belts)
SKY	Dedicated to our junior program
TEAL	All students may participate in these classes. They will be mixed level classes suitable for beginners.
GOLD	White Belt 3 Stripe minimum to attend Advanced Class
PURPLE	MMA classes must have completed 6 months of BJJ and Kickboxing



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MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:00pm	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU	DRILLING GI & NO-GI	9:00am	MMA
6:00pm	NO-GI JIU JITSU	MMA	NO-GI JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	OPEN MAT GI & NO-GI	11:00am	NO-GI JIU JITSU
7:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS		BRAZILIAN JIU JITSU FUNDAMENTALS				

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🌐 www.bankstownmartialarts.com.au