GRACIE BANKSTOWN

MAT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am	BRAZILIAN JIU JITSU		NO-GI JIU JITSU		BRAZILIAN JIU JITSU
12:00pm	BRAZILIAN JIU JITSU	NO-GI JIU JITSU*	BRAZILIAN JIU JITSU	NO-GI JIU JITSU*	OPEN MAT GI & NO-GI
4:10pm	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS COMP CLASS GI AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12
5:00pm	JUNIORS JIU JITSU AGES 5-12	ALL LEVELS/ ADVANCED BRAZILIAN JIU JITSU	JUNIORS COMP CLASS GI AGES 5-12	ALL LEVELS / ADVANCED BRAZILIAN JIU JITSU	JUNIORS NO-GI / WRESTLING AGES 5-12
6:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU
7:00pm	ADVANCED BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	ADVANCED BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	

*Classes may be run on mat 1 or 2

	SATURDAY
10:00am	JUNIORS JIU JITSU AGES 5-12
11:00am	BRAZILIAN JIU JITSU
12:00pm	OPEN MAT GI & NO-GI

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

BANKSTOWN MARTIAL ARTS

MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00pm	NO-GI JIU JITSU	JUNIORS NO-GI / WRESTLING	NO-GI JIU JITSU	JUNIORS WRESTLING	
6:00pm	NO-GI ADVANCED	MMA	NO-GI ADVANCED	ADVANCED WRESTLING	NO-GI FUNDAMENTALS JIU JITSU
7:00pm	NO-GI FUNDAMENTALS JIU JITSU	ADCC ADULT	NO-GI FUNDAMENTALS JIU JITSU	FUNDAMENTALS WRESTLING	

	SATURDAY
10:00am	WOMANS ONLY JIU JITSU
11:00am	FUNDAMENTALS MMA
12:00pm	MMA

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 GI Class

Membership packages are all based on

- **A 3 MONTH COMMITMENT WITH NO OPTION OF CANCELLATION.**
- Memberships are only payable via Direct Debit.
- **New Members are required to purchase a uniform.**

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