



GRACIE
BANKSTOWN

MAT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
12:00pm	BRAZILIAN JIU JITSU	NO-GI JIU JITSU	BRAZILIAN JIU JITSU	NO-GI JIU JITSU	10:00am OPEN MAT GI & NO-GI	10:00am	JUNIORS JIU JITSU AGES 5-12
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 COMP CLASS GI AGES 5-15	11:00am	BRAZILIAN JIU JITSU
5:00pm	NO-GI JIU JITSU TECHNICAL	BRAZILIAN JIU JITSU TECHNICAL	NO-GI JIU JITSU TECHNICAL	BRAZILIAN JIU JITSU TECHNICAL	JUNIORS NO-GI / WRESTLING AGES 5-15	12:00pm	OPEN MAT GI & NO-GI
6:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS	OPEN MAT GI & NO-GI	BRAZILIAN JIU JITSU FUNDAMENTALS	ADVANCED WRESTLING	OPEN MAT GI & NO-GI		
7:00pm	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS			

CLASS KEY

FUNDAMENTALS	BJJ Fundamentals Gi Class dedicated to beginners (less than 4 stripes on White belt) & adults over 35 years of age (Coloured Belts)
JUNIORS	Dedicated to our junior program
ALL LEVELS	All students may participate in these classes. They will be mixed level classes suitable for beginners.
BMA	Mixed martial arts classes for members on a dual kickboxing and BJJ membership (Bankstown Martial Arts Membership)

MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:00pm	JUNIORS JIU JITSU AGES 5-12	JUNIORS NO-GI / WRESTLING	JUNIORS JIU JITSU AGES 5-12	JUNIORS WRESTLING		10:00am	WOMANS ONLY JIU JITSU
6:00pm	5:45 - 6:30pm OPEN MAT GI & NO-GI	MMA	5:45 - 6:30pm OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI		11:00am	MMA
7:00pm	6:30pm MMA	ALL LEVELS WRESTLING	6:30pm FUNDAMENTALS MMA *	FUNDAMENTALS WRESTLING*		12:00pm	MMA SPARRING

*recommended for beginners looking to do mma

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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

✉ info@bankstownmartialarts.com.au

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📷 [graciehumaitabankstown](https://www.instagram.com/graciehumaitabankstown)

📘 Gracie Humaita Bankstown

🌐 www.bankstownmartialarts.com.au