

## 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	JUNIORS JIU JITSU AGES 5-12
4:00pm	JUNIORS JIU JITSU AGES 5-12	11:00am	BRAZILIAN JIU JITSU				
5:00pm	NO-GI JIU JITSU	BRAZILIAN JIU JITSU	NO-GI JIU JITSU	BRAZILIAN JIU JITSU	JUNIORS NO-GI & TEENS OPEN MAT AGES 5-15	12:00pm	OPEN MAT GI & NO-GI
6:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS	MMA	BRAZILIAN JIU JITSU FUNDAMENTALS	ADVANCED WRESTLING	OPEN MAT GI & NO-GI		
7:00pm	OPEN MAT GI & NO-GI	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 WRESTLING	JUNIORS JIU JITSU AGES 5-12	JUNIORS WRESTLING		10:00am	WOMANS ONLY JIU JITSU
6:00pm	MMA	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI		11:00am	MMA
7:00pm		ALL LEVELS WRESTLING	WOMANS ONLY JIU JITSU	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**

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