BANKSTOWN MARTIAL ARTS

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	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	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	OPEN MAT GI / FUNDAMENTALS NO-GI	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 NO-GI AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS WRESTLING AGES 5-12		10:00am	WOMANS ONLY JIU JITSU
6:00pm	MMA	MMA	OPEN MAT GI & NO-GI	OPEN MAT GI & NO-GI			
7:00pm		SUBMISSION WRESTLING	WOMANS ONLY JIU JITSU	FUNDAMENTALS WRESTLING*			

*recommended for beginners looking to do mma

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***SPEAK TO OUR STAFF ON OUR CURRENT UPFRONT SPECIALS**

Membership packages are all based on a **3 MONTH COMMITMENT WITH NO OPTION OF CANCELLATION.**

MEMBERSHIPS CAN BE PAID VIA DIRECT DEBIT OR UPFRONT PAYMENT*

New Members are required to purchase a uniform

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bmachullora

Bankstown Martial Arts

www.bankstownmartialarts.com.au