

Southern Cross Jiu-Jitsu Academy

2019 Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|
| | 6:00 AM <i>Brazilian Jiu-Jitsu</i> All Levels | | 6:00 AM <i>Brazilian Jiu-Jitsu</i> All Levels | | 8:00 AM <i>Brazilian Jiu-Jitsu</i> Women Only |
| 12:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels | 12:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels | 12:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels | 12:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels | | 9:00 AM <i>Brazilian Jiu-Jitsu</i> Over 35s |
| 5:00 PM <i>Kids BJJ</i> | 5:00 PM <i>Kids BJJ</i> | | 5:00 PM <i>Kids BJJ</i> | | 10:00 AM <i>Brazilian Jiu-Jitsu</i> Weekly Review |
| 6:00 PM <i>Teens BJJ</i> | 6:00 PM <i>Teens BJJ</i> | 6:00 PM <i>Mixed Martial Arts</i> Teens & Adults | 6:00 PM <i>Judo</i> Teens & Adults | 6:00 PM <i>Brazilian Jiu-Jitsu</i> Teens & Adults | For More Information: www.scjja.com Or Phone 02 9526 2211 |
| 7:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation | 7:00 PM <i>Submission Wrestling</i> (No Gi BJJ) | 7:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation | 7:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels | | |

Kids BJJ Guide:

Jaguars - primary school, or aged 8 to 11/12 years old.
Anacondas - high school, or kids over the age of 12 years.

Note: The ages here are indicated as a guide. If your child is finding the classes too easy, or too difficult, then please speak to the coaches about moving them up or down.

School Holidays - Due to the smaller participant numbers, we run on a reduced kids timetable.

Kids & Teens BJJ Classes run only on Tuesdays and Thursdays.

Feb 2019