

# Southern Cross Jiu-Jitsu Academy

## 2018 Timetable

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

May 2018