

Southern Cross Jiu-Jitsu Academy

2017 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 PM <i>Brazilian Jiu-Jitsu</i>	12:00 PM <i>Brazilian Jiu-Jitsu</i>	12:00 PM <i>Brazilian Jiu-Jitsu</i>	12:00 PM <i>Brazilian Jiu-Jitsu</i>		9:00 AM <i>Brazilian Jiu-Jitsu</i> Over 35s
					10:00 AM <i>Brazilian Jiu-Jitsu</i> Weekly Review
5:00 PM Kids BJJ <i>Jaguars</i>	5:00 PM Kids BJJ <i>Jaguars</i>	5:00 PM Kids BJJ <i>Jaguars</i>	5:00 PM Kids BJJ <i>Jaguars</i>		2:00 PM <i>Women Only BJJ</i> Bookings Required
6:00 PM Teens BJJ <i>Anacondas</i>	6:00 PM Teens BJJ <i>Anacondas</i>	6:00 PM Teens BJJ <i>Anacondas</i>	6:00 PM <i>Judo</i> Teens & Adults	6:00 PM <i>Brazilian Jiu-Jitsu</i> Teens & Adults	For More Information: See www.scjja.com Or Phone 02 9526 2211
7:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation	7:00 PM <i>Brazilian Jiu-Jitsu</i>	7:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation	7:00 PM <i>Brazilian Jiu-Jitsu</i>		

Kids BJJ Guide:

Jaguars - primary school, or aged 8 to 11 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.

December
2016