

Southern Cross Jiu-Jitsu Academy

2018 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 PM <i>Brazilian Jiu-Jitsu</i>	12:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation	12:00 PM <i>Submission</i> <i>Wrestling</i>	12:00 PM <i>Brazilian Jiu-Jitsu</i>		8:00 AM <i>Brazilian Jiu-Jitsu</i> Women Only
					9:00 AM <i>Brazilian Jiu-Jitsu</i> Over 35s
5:00 PM Kids BJJ <i>Jaguars</i>	5:00 PM Kids BJJ <i>Jaguars</i>		5:00 PM Kids BJJ <i>Jaguars</i>		10:00 AM <i>Brazilian Jiu-Jitsu</i> Weekly Review
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: 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>	7:00 PM <i>Brazilian Jiu-Jitsu</i> Women Only	

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.

January 2018