

ADULT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM - 7:00AM BJJ NO-GI			6:00AM - 7:00AM BJJ	11:05AM - 1:00PM OPEN MAT
6:00PM - 7:00PM BJJ	6:00PM - 7:00PM BJJ NO-GI	6:00PM - 7:00PM BJJ	6:00PM - 7:30PM OPEN MAT	6:00PM - 7:00PM BJJ	
7:00PM - 7:30PM SPARRING	7:00PM - 7:30PM SPARRING	7:00PM - 7:30PM SPARRING		7:00PM - 7:30PM SPARRING	



KIDS & JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:30PM - 4:00PM KOALAS				9:00AM - 9:30AM KOALAS
4:00PM - 4:30PM PANDAS	4:00PM - 4:30PM PANDAS	4:00PM - 4:30PM PANDAS	4:00PM - 4:30PM PANDAS	4:00PM - 4:30PM PANDAS	9:30AM - 10:00AM PANDAS
4:30PM - 5:10PM MONKEYS	4:30PM - 5:10PM MONKEYS	4:30PM - 5:10PM MONKEYS	4:30PM - 5:10PM MONKEYS	4:30PM - 5:10PM MONKEYS	10:10AM - 11:00AM MONKEYS
5:10PM - 5:50PM ELITE SQUAD INVITE ONLY	5:10PM - 5:50PM JUNIOR MMA 7+ YEARS	5:10PM - 5:50PM ELITE SQUAD INVITE ONLY		5:10PM - 5:50PM JUNIOR MMA 7+ YEARS	



KOALAS | 2 - 4 YEARS

Koalas are introduced to martial arts through a series of activities with a parent and the instructor, designed to improve gross motor skills in a fun class that is great for bonding between parent and child.

PANDAS | 4 - 7 YEARS

Pandas classes combine play and martial arts technique to build self confidence and promote discipline, ensuring that the children learn while also having plenty of fun.

MONKEYS | 7+ YEARS

Monkeys are growing up fast and the need for greater focus, discipline, reward and technical detail in their martial arts learning is paramount to their development. These classes begin to resemble an adult level of teaching, while still retaining the fun children need to keep engaged.

BJJ | ALL LEVELS

Brazilian Jiu Jitsu is a beautiful but devastating martial art that uses leverage rather than strength to allow a smaller person to defeat a large opponent. All skill levels welcome, our classes are friendly and safe.

BJJ NO - GI

BJJ No-Gi classes includes self defence from a standing position, with a focus on takedowns and submission grappling without wearing a Gi (uniform). Usually a rashguard or t-shirt and shorts are all that's required.

ELITE SQUAD

Invite Only, the Elite Squad is the best of the best Juniors. These classes are focussed on technique, with an emphasis on sparring in preparation for BJJ competition.

OPEN MAT

Open Mat is an unstructured class for free rolling and technique tweaking that also helps to build our club's unique culture.

