


Southern Cross Jiu-Jitsu Academy

TIMETABLE - AUTUMN 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm Brazilian Jiu-Jitsu Foundation	12:00 pm Submission Wrestling Restricted	Private Training	12:00 pm Brazilian Jiu-Jitsu All Levels	Private Training	10:00 am Boxing All Levels
Private Training	4.00 Kids 1 Ages 7 to 10 5.00 Kids 2 Ages 11 to 15	4.30 pm Brazilian Jiu-Jitsu All Levels	4.00 Kids 1 Ages 7 to 10 5.00 Kids 2 Ages 11 to 15	Private Training	11.00 am Brazilian Jiu-Jitsu Or Submission Wrestling Open Mat
6.00 pm Submission Wrestling Restricted	6.00 pm Brazilian Jiu-Jitsu Foundation	6.00 pm Boxing All Levels	6.00 pm Judo All Levels	6.00 pm Brazilian Jiu-Jitsu Or Submission Wrestling Open Mat	
7.00 pm Brazilian Jiu-Jitsu Foundation	7.00 pm Brazilian Jiu-Jitsu Restricted	7.00 pm Brazilian Jiu-Jitsu Foundation	7.00 pm Brazilian Jiu-Jitsu All Levels	Or Submission Wrestling Open Mat	

Note: To Access the "Restricted" Classes, you must have attended 100 Combined BJJ / Judo Classes