

# Southern Cross Jiu-Jitsu Academy

## Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00 AM</b> <i>Brazilian Jiu-Jitsu</i> All Levels		<b>6:00 AM</b> <i>Submission Wrestling</i> (No Gi BJJ)		<b>6:00 AM</b> <i>Submission Wrestling</i> (No Gi BJJ)	<b>8:00 AM</b> <i>Submission Wrestling</i> (No Gi BJJ)
<b>12:00 PM</b> <i>Brazilian Jiu-Jitsu</i> All Levels		<b>12:00 PM</b> <i>Submission Wrestling</i> (No Gi BJJ)		<b>12:00 PM</b> <i>Brazilian Jiu-Jitsu</i> All Levels	<b>9:00 AM</b> <i>Brazilian Jiu-Jitsu</i> All Levels
<b>5:30 PM</b> <i>Brazilian Jiu-Jitsu</i> Kids 12 to 16yo	<b>6:00 PM</b> <i>Brazilian Jiu-Jitsu</i> Women Only		<b>5:30 PM</b> <i>Brazilian Jiu-Jitsu</i> Kids 12 to 16yo	<b>6:00 PM</b> <i>Submission Wrestling</i> (No Gi BJJ)	Updated March 2026
<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	<b>For More Information</b>  <a href="http://www.scjja.com">www.scjja.com</a>  <b>0493 783 604</b>	