

Southern Cross Jiu-Jitsu Academy

Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 AM <i>Submission Wrestling</i> (No Gi BJJ)			6:00 AM <i>Submission Wrestling</i> (No Gi BJJ)	8:00 AM <i>Brazilian Jiu-Jitsu</i> Masters Only
12:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels		12:00 PM <i>Submission Wrestling</i> (No Gi BJJ)		12:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels	9:00 AM <i>Brazilian Jiu-Jitsu</i> Teens & Adults
5:10 PM <i>Brazilian Jiu-Jitsu</i> Kids			5:10 PM <i>Brazilian Jiu-Jitsu</i> Kids		For More Information: www.scjja.com Or Phone 0493 783 604
6:00 PM <i>Brazilian Jiu-Jitsu</i> Teens	6:00 PM <i>Brazilian Jiu-Jitsu</i> Women Only	6:00 PM <i>Judo</i> Teens & Adults	6:00 PM <i>Brazilian Jiu-Jitsu</i> Teens		
7:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation	7:00 PM <i>Submission Wrestling</i> (No Gi BJJ)	7:00 PM <i>Brazilian Jiu-Jitsu</i> Foundation	7:00 PM <i>Brazilian Jiu-Jitsu</i> All Levels		Updated February 2024

Age Guide:

Kids - primary school / aged 8 to 11/12 years old.
 Teens - high school / kids over the age of 12.
 Masters - members over 35 years old

Note: The kids 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.

