

Southern Cross Jiu-Jitsu Academy

2020 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 AM <i>Brazilian Jiu-Jitsu</i> All Levels		6:00 AM <i>Brazilian Jiu-Jitsu</i> All Levels		8:00 AM <i>Brazilian Jiu-Jitsu</i> Women Only
12:00 PM <i>Submission Wrestling</i> (No Gi BJJ)	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> Over 35s
5:00 PM <i>Kids BJJ</i>	5:00 PM <i>Kids BJJ</i>		5:00 PM <i>Kids BJJ</i>		10:00 AM <i>Brazilian Jiu-Jitsu</i> Weekly Review
6:00 PM <i>Teens BJJ</i>	6:00 PM <i>Teens BJJ</i>	6:00 PM <i>Open Mat</i> Teens & Adults	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>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		

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.

Updated Jan 2020