



SYDNEY WEST MARTIAL ARTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am – 11 am BJJ All Levels Gi	5 pm – 5:45 pm Fitness Class	10 am – 11 am BJJ All Levels No Gi	5 pm – 5:45 pm Fitness Class	5pm – 6pm Striking (Boxing)	9 am – 10:30 am BJJ All Levels No Gi
4:30 pm – 5 pm Kids Brazilian Jiu Jitsu (4-8 yo)		4:30 pm - 5 pm Kids Brazilian Jiu Jitsu (4-8 yo)			
5 pm – 5:45 pm Kids Brazilian Jiu Jitsu (9-14 yo)		5:15 pm – 6 pm BJJ Fundamentals Gi		5 pm – 5:45 pm Kids Brazilian Jiu Jitsu (9-14 yo)	
6 pm – 7 pm BJJ Intermediate Gi	6 pm – 7 pm BJJ Intermediate No Gi	6 pm – 7 pm BJJ Intermediate Gi	6 pm – 7 pm BJJ Intermediate No Gi	4pm – 7pm Open Mat	10:30 am – 11:30 am Mixed Martial Arts Technique
7 pm – 8 pm BJJ Advanced (White belt 2 stripe min) Gi	7 pm – 8 pm BJJ Advanced (White belt 2 stripe min) No Gi	7 pm – 8 pm BJJ Advanced (White belt 2 stripe min) Gi	7 pm – 8 pm BJJ Advanced (White belt 2 stripe min) No Gi		
8 pm – 9 pm Striking (Sparring)	8 pm – 9 pm Wrestling	8 pm – 9 pm Striking Technique	8 pm – 9 pm Mixed Martial Arts Sparring		