



STRUCTURED SYLLABUS | SPECIFIC LESSON PLANS
 DEVELOP YOUR CONFIDENCE & ABILITY TO DEFEND YOURSELF
 CONTACT US ON 0438326828 OR wilritton@bmaa.biz
 10 DAYS FREE TRAINING inc GI HIRE



ALBION DOJO TIMETABLE

BRISBANE MARTIAL ARTS ACADEMY & GRACIE HUMAITA BRISBANE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Class By Appointment	Private Class By Appointment	Private Class By Appointment	Private Class By Appointment	Private Class By Appointment	Private Class By Appointment
OPEN	OPEN	OPEN	OPEN	OPEN	
11:30AM	11:30AM	11:30AM	11:30AM	11:30AM	
	Gracie Jiu Jitsu Fundamentals NoGi 12-1pm		Academy Open Mat 12-1pm	Gracie Jiu Jitsu Fundamentals 12-1pm	OPEN
					8:30am
					Junior Ju Jitsu 9:00-10:00am
OPEN	OPEN	OPEN	OPEN	OPEN	
3:30pm	3:30pm	3:30pm	3:30pm	3:30pm	Junior Ju Jitsu 10:00-11:00am
Junior Ju Jitsu 4:00-5:00pm	Junior Ju Jitsu 4:00-5:00pm	Junior Ju Jitsu 4:00-5:00pm	Junior Ju Jitsu 4:00-5:00pm	Adv Junior Ju Jitsu 4:00-5:00pm	BREAK
Judo 5-6pm	Japanese Ju Jitsu 5-6pm	Judo 5-6pm	Japanese Ju Jitsu 5-6pm	Judo 5-6pm	Academy Open Mat 11:30-12:30pm
Advanced Gracie Jiu Jitsu (Alt Gi & NoGi) 6-7pm	Gracie Jiu Jitsu Fundamentals 6-7pm	Gracie Jiu Jitsu Fundamentals NoGi 6-7pm	Gracie Jiu Jitsu Fundamentals 6-7pm	Academy Open Mat 6-7pm	Japanese Ju Jitsu 12:30-1:30pm
Gracie Jiu Jitsu Open Mat (Alt Gi & NoGi) 7-8pm	Gracie Jiu Jitsu Open Mat 7-8pm	Gracie Jiu Jitsu Open Mat NoGi 7-8pm	Gracie Jiu Jitsu Open Mat 7-8pm	Japanese Ju Jitsu 7-8pm	CLOSED 2:00PM
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

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