

SOUTHERN CROSS MARTIAL ARTS TIMETABLE

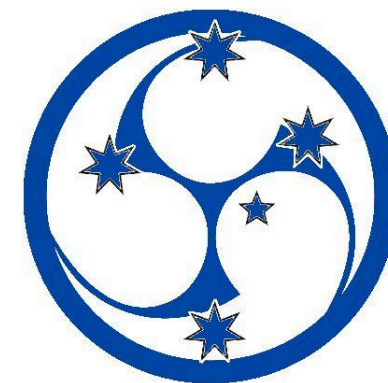
NOTE: Times may be subject to change due to venue availability



| | Carrara | | Merrimac | | Robina | | | Mudgeeraba |
|------------------|-------------|--------------|----------------|----------------|-----------------------|----------------|--------------------|--------------------|
| Monday | 4PM 5-7 yrs | 4PM 8-11 yrs | | | 6:10 5-7yrs | 6:00 8-11yrs | 6:00 Adults Basics | |
| | | | | | 7:00 Adults | 7:00 11-15 yrs | | |
| | | | | | 8:00 Muay Thai 15+ | | | |
| Tuesday | | | 3:30 5-7yrs | 3:30 8-11 yrs | | | | |
| | | | 4:15 5-7yrs | 4:45 11-15 yrs | | | | |
| | | | 5:00 8-11yrs | | | | | |
| Wednesday | 4:00 5-7yrs | 4:00 8-11yrs | | | 6:10 5-7yrs | 6:00 8-11yrs | 6:00 Adults Basics | |
| | | | | | 7:00 Adults | 7:00 11-15 yrs | | |
| | | | | | 8:00 Muay Thai 15+ | | | |
| Thursday | | | 3:30 5-7yrs | 3:30 8-11 yrs | | | | |
| | | | 4:15 5-7yrs | 4:45 11-15 yrs | | | | |
| | | | 5:00 8-11yrs | | | | | |
| | | | 6:00 Adult 16+ | 6:00 8-11yrs | | | | |
| Friday | | | | | | | | 3:45 8-11 yrs |
| | | | | | | | | 12+ Green Belt adv |
| Saturday | | | | | 9:00 5-7 yrs | | 9:00 8-11yrs | |
| | | | | | 10:00 8-11yrs | | 10:00 11-16+ | |
| | | | | | 11:00 Kata | | | |

SOUTHERN CROSS BRAZILIAN JIU JITSU

| Mudgeeraba | | |
|------------|-------|---|
| MONDAY | 03:45 | BJJ 8-11 years (During School Term Only) |
| | 04:40 | BJJ 11-14 years (During School Term Only) |
| WEDNESDAY | 03:45 | BJJ 8-11 years (During School Term Only) |
| | 04:40 | BJJ 11-14 years (During School Term Only) |
| | 05:30 | BJJ 15+ (During School Term Only) |
| FRIDAY | 04:40 | BJJ 8-11 years |
| | 04:40 | BJJ 11-14 years |
| | 05:30 | BJJ 15+ |



Located at Mudgeeraba Showgrounds (Helen Ripper Pavilion) Enter off Worongary Rd

Park in the car park behind the pavilion.

CLASS LOCATIONS

We have 3 locations forming a variety of classes for our age groups that we cater for. There are at least 4 options to choose from during every school week. All within 5 to 10 min drive of each other.

Carrara Community Centre

Nielsen's Roads

We share the main car park with the Mudgeeraba cricket club and the Carrara Saints AFL. The centre is easy to find and visible from the road.

Merrimac State School

(PAC Hall) Parking on Boowaggan Rd

The Merrimac State Primary School is located on the corner of Boowaggan Rd and Gooding Dve. The Hall is visible from Gooding Dve however there is no parking due to the bus zone.

If you park near the tennis courts on Boowaggan Rd and follow the path to the play fort and then past the buildings you will find us in the P.A.C Hall.

Robina State School

(CPAC Hall) Glen Eagles Dve

The Robina State Primary School is located on the corner of Killarney Drive and Glen Eagles Drive.

The Hall is situated on Glen Eagles Drive, If you look out for our van outside the hall you have found us.

Mudgeeraba Showgrounds

(Helen Ripper Pavilion) Enter off Worongary Rd

Park in the car park behind the pavilion.