

TIMES AND LOCATIONS



S O U T H E R N C R O S S **M A R T I A L A R T S**

- FREESTYLE MARTIAL ARTS
- BRAZILIAN JIU JITSU
- MUAY THAI
- GOJU RYU

CLASS TIMES

JUNIOR DRAGONS 5 TO 7 YEARS

RED DRAGONS 8 TO 11 YEARS

HIGH SCHOOL TO 15+

ADULT FREESTYLE 15+



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNIOR DRAGONS 5 TO 7 YEARS	4PM CARRARA	3:30PM MERRIMAC	4PM CARRARA	3:30PM MERRIMAC	3:45 MUDGEERABA	9AM MERRIMAC
RED DRAGONS 8 TO 11 YEARS	4PM CARRARA	3:30PM MERRIMAC	4PM CARRARA	3:30PM MERRIMAC		9AM MERRIMAC
HIGH SCHOOL TO 15+	6:10 PM ROBINA	4:15PM MERRIMAC	6:10 PM ROBINA	4:15PM MERRIMAC		10AM MERRIMAC
ADULT FREESTYLE 15+	6:10 PM ROBINA	4:45PM MERRIMAC	6:10 PM ROBINA	4:45PM MERRIMAC		10 AM MERRIMAC
	6:10 PM ROBINA	5PM MERRIMAC	6:10 PM ROBINA	5PM MERRIMAC		10 AM MERRIMAC
	6:10 PM ROBINA	7PM ROBINA	6:10 PM ROBINA	6PM MERRIMAC		ADVANCED KATA 11AM MERRIMAC
	7PM ROBINA	7PM ROBINA	7PM ROBINA	6PM MERRIMAC		
	7PM ROBINA	7PM ROBINA	7PM ROBINA	6PM MERRIAMC		
	MUAY THAI 14 + 8PM ROBINA	MUAY THAI 14 + 8PM ROBINA	MUAY THAI 14 + 8PM ROBINA			

CLASS TIMES

KIDS 8 TO 11

KIDS 11 TO 14

ADULT 15+



**BRAZILIAN
JIU JITSU**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS 8 TO 11	3:45M MUDGEERABA					
KIDS 11 TO 14	4:40 MUDGEERABA		3:45M MUDGEERABA		4:40 MUDGEERABA	
ADULT 15+			4:40 MUDGEERABA		4:40 MUDGEERABA	
			5:30 MUDGEERABA		5:30 MUDGEERABA	

MONDAY AND WEDNESDAY CLASSES IN

QLD SCHOOL TERM ONLY

LOCATIONS

ROBINA

Robina State Primary School
C.P.A.C Glen Eagles Drive

MERRIMAC

Merrimac State Primary School
Boowaggan Road


CARRARA

Carrara Community Centre
Nielsons Road

MUDGEERABA

Mudgeeraba Showgrounds
Worongary Road

You can choose to train at any of our locations any time. Booking in advance is required. However you are not fixed to any one class or location.



WHY CHOOSE US

- ✔ Expert Instructors Who Care – Our instructors aren't just highly skilled; they've been through our programs themselves and are deeply passionate about teaching. They receive nationally recognized training and regularly attend professional development courses to stay at the top of their game.
- ✔ A Safe & Professional Training Environment – We maintain one of the lowest student-to-instructor ratios, ensuring every student gets the attention they need. Our classes follow a structured routine designed for safety, progression, and engagement.
- ✔ Designed for Kids' Development – With over 20 years of experience, we've crafted age-specific programs that support children's emotional, social, and physical development.
- ✔ Practical Training for Adults – Our system goes beyond traditional techniques to focus on real-world self-defence, including situational awareness, use of force laws, and practical applications. Whether for fitness, confidence, or personal safety, our training is built to be effective in real-life situations.
- ✔ Matted Training Areas – Most of our training is done on mats to reduce impact and prevent injuries, providing a safe environment for long-term development.
- ✔ Flexible Training Options – Train at multiple locations and on different days to fit your family's schedule. Many parents and kids can train at the same time, making it convenient for the whole family.
- ✔ No Lock-In Contracts – We believe in earning your trust, not forcing commitment. Train with us without being locked into long-term contracts.

**NO LOCK IN
CONTRACTS**

