

TIMES AND LOCATIONS



SOUTHERN CROSS MARTIAL ARTS

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

CLASSES AT ROBINA - MERRIMAC - CARRARA

LITTLE DRAGONS KINDY AGE			HIGH SCHOOL TO 15+		
JUNIOR DRAGONS 5 TO 7 YEARS			ADULT FREESTYLE 15+		
RED DRAGONS 8 TO 11 YEARS			MUAY THAI CLASS 15+		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30PM CARRARA	3:30PM MERRIMAC	3:30PM CARRARA	3:30PM MERRIMAC	3:45 MUDGEERABA	9AM MERRIMAC
3:30PM CARRARA	3:30PM MERRIMAC	3:30PM CARRARA	3:30PM MERRIMAC		9AM MERRIMAC JD ADV
4:10PM CARRARA	4:15PM MERRIMAC	4:10PM CARRARA	4:15PM MERRIMAC		9:45AM MERRIMAC
4PM CARRARA	4:45PM MERRIMAC	4PM CARRARA	4:45PM MERRIMAC		9:45AM MERRIMAC
6:10 PM ROBINA		6:10 PM ROBINA	5PM MERRIMAC		10:45AM MERRIMAC RD ADV PURPLE
6:10 PM ROBINA	5PM MERRIMAC	6:10 PM ROBINA	6PM MERRIMAC		10:45 AM MERRIMAC
6:10 PM ROBINA		6:10 PM ROBINA	6PM MERRIMAC		10:45 AM MERRIMAC
7PM ROBINA		7PM ROBINA	6PM MERRIAMC		
7PM ROBINA		7PM ROBINA			
MUAY THAI 8PM ROBINA		MUAY THAI 8PM ROBINA	MUAY THAI 8PM MERRIMAC		

BJJ CLASSES

MUDGEERABA

KIDS 8 TO 11

KIDS 11 TO 14

ADULT 15+

**BRAZILIAN
JIU JITSU**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3:45M MUDGEERABA

4:40 MUDGEERABA

3:45M MUDGEERABA

4:40 MUDGEERABA

5:30 MUDGEERABA

4:40 MUDGEERABA

4:40 MUDGEERABA

5:30 MUDGEERABA

KIDS 8 TO 11

KIDS 11 TO 14

ADULT 15+

**BRAZILIAN
JIU JITSU**



MONDAY

TUESDAY

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THURSDAY

FRIDAY

SATURDAY

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

5:30
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

5:30
MUDGEERABA

SCHOOL HOLIDAY TIMES

LOCATIONS

ROBINA

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

MERRIMAC

Merrimac State Primary School
Boowaggan Road

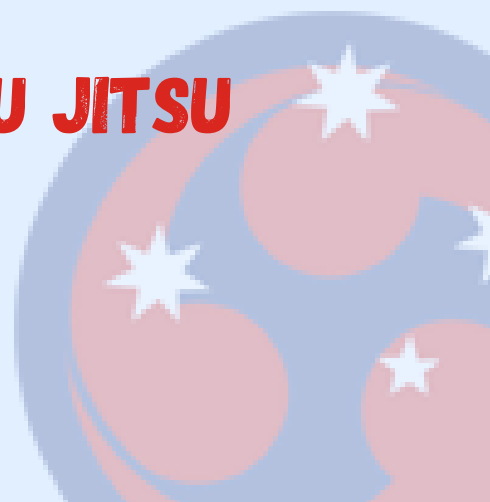
CARRARA

Carrara Community Centre
Nielsons Road

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.

MUDGEERABA BRAZILIAN JIU JITSU

Mudgeeraba Showgrounds
Worongary Road



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**

