

TIMES AND LOCATIONS



**SOUTHERN CROSS
MARTIAL ARTS**

BRAZILIAN JIU JITSU

Mudgeeraba Showgrounds Worongary Road

KIDS 8 TO 11 YRS

YOUTH 11 TO 14 YRS

ADULT 15+

**BRAZILIAN
JIU JITSU**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3:45
MUDGEERABA

3:45
MUDGEERABA

3:45
MUDGEERABA

4:40
MUDGEERABA

4:40
MUDGEERABA

4:40
MUDGEERABA

5:30
MUDGEERABA

5:30
MUDGEERABA

7:00
MERRIMAC

KIDS 8 TO 11

KIDS 11 TO 14

ADULT 15+

**BRAZILIAN
JIU JITSU**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

4:40PM
MUDGEERABA

5:30
MUDGEERABA

5:30
MUDGEERABA

7PM MERRIMAC

SCHOOL HOLIDAY TIMES

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**

