



QUEENSLAND TIMETABLE

jujitsuMMA

BRISBANE DOJOS AND CLUBS

LOTA | PCYC BAYSIDE | 52 Alexander St, Lota QLD 4179
 CARINA | PCYC CARINDALE | 27 Narracott St, Carina QLD 4152

PCYC BAYSIDE - LOTA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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ADULTS CLASSES

FIT CAPO - ADULTS - BY BOOKINGS	11:00AM - 3:00PM PRIVATE LESSONS BY BOOKINGS	FIT CAPO - ADULTS - BY BOOKINGS	11:00AM - 3:00PM PRIVATE LESSONS BY BOOKINGS		
	FIT CLASSES FITNESS GROUP CLASS BY BOOKINGS		FIT CLASSES FITNESS GROUP CLASS BY BOOKINGS		
MMA JIJITSU 6:00 PM - 7:00 PM	MMA JIJITSU 6:00 PM - 7:00 PM	MMA CAPOEIRA 6:00 PM - 7:00 PM	MMA CAPOEIRA 6:00 PM - 7:00 PM		

KIDS CLASSES

		LITTLE STARS 3:30 PM - 4:00 PM			
BRIGHT STARS 4:00 PM - 4:40 PM	BRIGHT STARS 4:00 PM - 4:40 PM	BRIGHT STARS 4:00 PM - 4:40 PM			
SUPER STARS 4:40 PM - 5:25 PM	SUPER STARS 4:40 PM - 5:25 PM				

JUNIOR CLASSES

		ALL STARS Juniors 4:40 PM - 5:30 PM			
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LITTLE STARS 2 - 4 YEARS

THE PROGRAM INTRODUCES PERSONAL SAFETY TECHNIQUES, STRANGER DANGER, HANDLING BULLIES, HOW TO FALL PROPERLY, AND WHAT TO DO IF THEY BECOME LOST. ABOVE ALL THIS, YOUR KIDS LEARN RESPECT, WHETHER FROM BOWING OR STANDING STILL AND WAITING FOR THE NEXT COMMAND, THIS CAN BE THE MOST IMPORTANT BENEFIT.

BRIGHT STARS 5 - 8 YEARS

YOUR CHILD LEARNS THE FUNDAMENTALS OF MARTIAL ARTS THAT KEEP THEM PHYSICALLY FIT, BUT ALSO HELP WITH THE BENEFITS OF GOOD BEHAVIOUR, TEAMWORK, GOOD MANNERS, PATIENCE AND TRYING THEIR BEST. THE PROGRAM COVERS VALUABLE LESSONS ON BULLYING AND STRANGER DANGER. THE AIM IS TO DEVELOP THE HABITS OF WINNERS EARLY.

SUPER STARS 9 - 11 YEARS

STRONG LEADERS ENHANCE THE DEVELOPMENT OF STRONG VALUES. WE WORK WITH THEM TO OVERCOME DIFFICULTIES THAT MAY FOSTER NEGATIVE BEHAVIOUR THAT IS SOMETIMES A FACTOR IN TEENAGE YEARS. OUR AIM IS TO GIVE YOUR CHILDREN THE BEST SHOT AT LEARNING AND MAINTAINING A 'WINNERS ATTITUDE'. THEY WILL DISCOVER THE SECRET OF APPLYING THIS ATTITUDE TO EVERYTHING THEY DO.

ALL STARS 12 - 15 YEARS

THE ALL-STAR PROGRAM WILL INCREASE YOUR TEENAGER'S CONFIDENCE AS THEY GROW AND DEVELOP. A MUCH-NEEDED CLASS THAT WORKS TO PREPARE THE STUDENTS FOR THE TRANSITION TO YOUNG ADULTS. THIS WILL KEEP THEM FIT, STRONG AND AGILE AND THEY WILL BE TRAINING HARD TO ACHIEVE THEIR NEXT BELT. STRONG EMPHASIS ON BUILDING CHARACTER AND ABIDING BY THE M.A. PHILOSOPHY.

UNIVERSUS CAPOEIRA

BRAZILIAN MARTIAL ART INCLUDES ELEMENTS SUCH AS MUSIC, ACROBATICS MOVES AND FLEXIBILITY. WORKS WITH THE MOMENTUM OF THE CIRCULAR MOTION ADDED TO THE GRAPPLING TECHNIQUES AND SELF DEFENCE. INCREASES PHYSICAL STRENGTH AND MIND FOCUSING AS WELL AS SELF CONTROL AND FITNESS. THIS MARTIAL ART IS PERFORMED BY UNIVERSUS CAPOEIRA GROUP. / Y.O. 2-3, 3-5, KIDS, FAM & ADULTS

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