



# DEBEEN 100% JIU JITSU DARWIN

DBJJJDARWIN.COM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6 AM	KICKBOXING	INT NO GI	KICKBOXING	INT GI	KICKBOXING	8AM - KIDS JITZ	
9 AM	BLUE BELT NO GI		BLUE BELT GI			TEENS GI	
10 AM						COMPETITION GI	
1.30 PM					BLUE BELT NO GI		
4 PM							INT NO GI
5 PM	TEENS - GI		TEENS NO GI		KICKBOXING		
5.30 PM		PEE WEES GI		PEE WEES GI			
5.30 PM	BLUE BELT GI		BLUE BELT NO GI				
6 PM		JUNIORS GI		JUNIORS GI			
6.30 PM	INT GI		INT NO GI				
7 PM		KICKBOXING		KICKBOXING			

Jitz Kids - under 5s

Pee Wees - 5 to 7 years old

Juniors - 8 to 11 years old

Teens - 11+ years old

Seniors - 16+ years old

Blue belt - basic skills for seniors\*

Intermediate (INT) - advanced skills for seniors

Competition - includes stand up techniques

Note: promotion based on coaches decision not just age.

Last update 30 January 23