



Learn the most effective martial art on the planet!

Bayside Brazilian Jiu-Jitsu is a friendly and welcoming training environment. Adult and children's programs are focused on teaching a safe to learn and apply self-defence system that works for everyone.



Proven in combat, Brazilian Jiu-Jitsu focuses on defending yourself against bigger, stronger and more aggressive opponents through the application of techniques based on leverage and body mechanics.

First class is free!



8a Park Rd Cheltenham
0403 949 585

www.BaysideBJJ.com