

Jack's Gym Information 2023

JACK'S GYM
martial arts academy
GARRATT ST CENTRE

ABOUT JACK

Jack is an experienced teacher of Muay Thai and also holds a second dan black belt in Tae Kwon Do. He's a Canberra local who has trained and taught at various local gyms, and has travelled to Thailand to gain further coaching in Muay Thai.

In 2014, Jack established Jack's Gym Sri Lanka, a charity gym in the village of Wanchawala, Galle, extending his passion for health, fitness and self defence where it was least accessible.

The vision of Jack's Gym now continues here in Wanniasa, Canberra!

DISCIPLINES

MUAY THAI KICKBOXING

BRAZILIAN JIU JITSU (No-Gi only)

MINIMUM AGE

12 years +

CLASS TIMES

| Day | Time | Class |
|----------|-----------------|-------------|
| Mon AM | 6.00am - 7.00am | BJJ (No-Gi) |
| PM | 6.00pm - 7.30pm | Muay Thai |
| Tues PM | 6.00pm - 7.00pm | BJJ (No-Gi) |
| Wed AM | 6.00am - 7.00am | BJJ (No-Gi) |
| PM | 6.00pm - 7.30pm | Muay Thai |
| Thurs PM | 6.00pm - 7.30pm | Muay Thai |
| Fri AM | 6.00am - 7.00am | BJJ (No-Gi) |

COST

FIRST TWO WEEKS FREE

\$30/FORTNIGHT UNLIMITED CLASSES

\$10/CLASS CASUAL VISIT

CONTACT

FIND US AT 23 GARRATT ST, WANNIASSA
ACT 2903.

DROP IN TO TRY OUT A CLASS OR EMAIL
jacksqym@mail.com FOR MORE INFO