

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Morning/Afternoon Schedule

MONTROSE MALL

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
					10 - 10:30am Tiny Tigers 3 yrs
11-12pm Gracie Combatives Beginner Jiu-Jitsu	11-11:30am Tiny Tigers 3 yrs	11-12pm Gracie Combatives Beginner Jiu-Jitsu		11-12pm Gracie Jiu-Jitsu Reflex Development/ Fight Sim	10:30-11am Little Ninjas 4-6yrs
12-1pm Muay Thai Fitness	11:30 - 12:30pm Gracie Jiu-Jitsu Master Cycle	12-1pm Muay Thai Fitness	12 - 1pm Gracie Jiu-Jitsu Master Cycle	12-1pm Muay Thai Fitness	11-12pm Kids Jiu-Jitsu 7-12yrs
	12:30 - 1pm Gracie Jiu-Jitsu Master Cycle Sparring		1-1:30pm Gracie Jiu-Jitsu Master Cycle Sparring		12-1pm Muay Thai Fitness
1:30 - 5pm Private Lessons by Appointment Only	1:30 - 4:45pm Private Lessons by Appointment Only	1:30 - 5pm Private Lessons by Appointment Only	1:30 - 4:45pm Private Lessons by Appointment Only	1:30 - 5pm Private Lessons by Appointment Only	1-2pm Gracie Combatives Beginner Jiu-Jitsu
					2-3pm Gracie Jiu-Jitsu Master Cycle
					3- 3:30pm Master Cycle Sparring

Note: Gracie Combatives is our beginner adult Gracie Jiu-Jitsu program (**Blue text**)
Master Cycle, Reflex Development and kids Black Belt Club Jiu-Jitsu classes (**purple text**) are by invite only.

To book your private or semi-private lessons in Gracie Jiu-Jitsu, Kids Jiu-Jitsu,
Muay Thai, Kettlebell, or Yoga please contact 705.222. ROLL (7655)
or info@sudburybjj.com

Check us out at www.facebook.com/sudburybjj
BRING A FRIEND TO CLASS TO GET A FREE T-SHIRT!
Schedule may change without notice.

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Evening Schedule -MONTROSE MALL

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
	4:45-5:30pm Youth Muay Thai Fitness 10-15yrs		4:45-5:30pm Youth Muay Thai Fitness 10-15yrs		
5 - 6pm Kids Jiu-Jitsu 7-12yrs	5:30 – 6pm Little Ninjas 4-6yrs	5:30 – 6pm Little Ninjas 4-6yrs	5:30 – 6pm Little Ninjas 4-6yrs	5 – 6pm Kids Jiu-Jitsu Black Belt Club	10 - 10:30am Tiny Tigers 3 yrs
6 - 7pm Gracie Combatives Beginner Jiu-Jitsu	6 - 7pm Kids Jiu-Jitsu 7-9 yrs	6 - 7pm Gracie Jiu-Jitsu Reflex Development	6 - 7pm Kids Jiu-Jitsu 10-12 yrs	6 – 7pm Gracie Jiu-Jitsu Master Cycle	10:30-11am Little Ninjas 4-6yrs
7 – 7:30pm Gracie Jiu-Jitsu Open Mat	7 – 8pm Muay Thai Fitness	7 – 8pm Muay Thai Fitness (Kettlebell Focus)	7 – 8pm Gracie Combatives Beginner Jiu-Jitsu	7 – 8pm Muay Thai Fitness	11-12pm Kids Jiu-Jitsu 7-12yrs
7:30-8:30pm Muay Thai Fitness (Kettlebell Focus)	8 – 9pm Gracie Jiu-Jitsu Master Cycle	8 - 9pm Gracie Combatives Beginner Jiu-Jitsu	8 – 8:30pm Gracie Jiu-Jitsu Open Mat		12-1pm Muay Thai Fitness
8:30-9pm Muay Thai Technique/ Drills	9 – 9:30pm Gracie Jiu-Jitsu Master Cycle Sparring		8:30 – 9:30pm Muay Thai Fitness		1-2pm Gracie Combatives Beginner Jiu-Jitsu
					2-3pm Gracie Jiu-Jitsu Master Cycle
					3- 3:30pm Master Cycle Sparring

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Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy Schedule – Hanmer Location

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u> 9:30-10:00am Tiny Tigers Age 3yrs
5:00 – 5:30pm Little Ninjas (Ages 4 - 6)		5:00 – 5:30pm Tiny Tigers Age 3yrs	5:00 – 5:30pm Little Ninjas (Ages 4 - 6)		10:- 10:30am Little Ninjas Ages 4-6yrs
5:30 – 6:30pm Kids Jiu-Jitsu (Ages 7-12)	5:30 – 6:30pm Kids Jiu-Jitsu (Ages 7 – 12)	5:30 – 6:00pm Little Ninjas (Ages 4 - 6)	5:30 – 6:30pm Kids Jiu-Jitsu (Ages 7 – 12)		10-10:30am W.O.D
5:30 – 6:00pm Kettlebell Fundamentals	5:30 – 6:00pm W.O.D	5:30 – 6:00pm W.O.D	5:30 – 6:00pm W.O.D		10:30 – 11:30am Kids Jiu-Jitsu Ages 7-12yrs
6:30 – 7:30pm Muay Thai Fitness	6:30 – 7:30pm Brazilian Jiu-Jitsu	6:00 – 7:00pm Muay Thai Fitness	6:30 – 7:30pm Brazilian Jiu-Jitsu		10:30 – 11am W.O.D
7:30 – 8:00pm Muay Thai Technique/ Drills	7:30– 8:00pm Brazilian Jiu-Jitsu Open Mat		7:30– 8:30pm Muay Thai Fitness		11:30 – 12 :30pm Brazilian Jiu-Jitsu
8:00 – 9:00pm Brazilian Jiu-Jitsu Advanced/ Open Mat					12:30 – 1:30pm Muay Thai Fitness

Kettlebell Fundamentals is our weekly class to teach the various Kettlebell techniques to prepare you for our WOD classes.

W.O.D. (Workout of the Day) is our daily fitness workout which is written on our whiteboard in easy to follow instructions. Please Note: there is no instructor for these workouts but our staff will be available for questions.

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