

# 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>
					9:15-10am Kids Muay Thai 9-12 yrs
	10:30 - 11am Tiny Tigers 3 yrs				10 - 10:30am Tiny Tigers 3 yrs
11-12pm Gracie Combatives <b>Beginner</b> Jiu-Jitsu	11-12pm Muay Thai Fitness (Kettlebell Focus)	11-12pm Gracie Combatives <b>Beginner</b> Jiu-Jitsu	11-12pm Muay Thai Fitness (Kettlebell Focus)	11-12pm Gracie Jiu-Jitsu <b>Reflex</b> Development/ Fight Sim	10:30-11am Little Ninjas 4-6yrs
12-1pm Muay Thai Fitness	12-1pm Gracie Jiu-Jitsu <b>Master Cycle</b>	12-1pm Muay Thai Fitness	12-1pm Gracie Jiu-Jitsu <b>Master Cycle</b>	12-1pm Muay Thai Fitness	11-12pm Kids Jiu-Jitsu 7-12yrs
	1-1:30pm Gracie Jiu-Jitsu <b>Master Cycle</b> Sparring		1-1:30pm Gracie Jiu-Jitsu <b>Master Cycle</b> Sparring		12-1pm Muay Thai Fitness
1:30 - 5pm Private Lessons/ Open Training	1:30 – 4:45pm Private Lessons/ Open Training	1:30 - 5pm Private Lessons/ Open Training	1:30 – 4:45pm Private Lessons/ Open Training	1:30 - 5pm Private Lessons/ Open Training	1-2pm Gracie Combatives <b>Beginner</b> Jiu-Jitsu
					2-3pm Gracie Jiu-Jitsu <b>Master Cycle</b>
					3- 3:30pm <b>Master Cycle</b> 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](mailto:info@sudburybjj.com)

*Check us out at [www.facebook.com/sudburybjj](https://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> 4:45-5:30pm Youth Muay Thai Fitness 10-15yrs	<u>WEDNESDAY</u>	<u>THURSDAY</u> 4:45-5:30pm Youth Muay Thai Fitness 10-15yrs	<u>FRIDAY</u>	<u>SATURDAY</u> 9:15-10am 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 <b>Black Belt Club</b>	10 - 10:30am Tiny Tigers 3 yrs
6 - 7pm Gracie Combatives <b>Beginner Jiu-Jitsu</b>	6 - 7pm Kids Jiu-Jitsu 7-9 yrs	6 - 7pm Gracie Jiu-Jitsu <b>Reflex Development</b>	6 - 7pm Kids Jiu-Jitsu 10-12 yrs	6:00 – 7:00pm Gracie Jiu-Jitsu <b>Master Cycle</b>	10:30-11am Little Ninjas 4-6yrs
7 – 7:30pm Gracie Jiu-Jitsu Open Mat	7:00 – 8pm Muay Thai Fitness	7 – 8pm Muay Thai Fitness (Kettlebell Focus)	7:00 – 8pm Gracie Combatives <b>Beginner Jiu-Jitsu</b>	7:00 – 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 <b>Master Cycle</b>	8 - 9pm Gracie Combatives <b>Beginner Jiu-Jitsu</b>	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 <b>Master Cycle Sparring</b>		8:30 – 9:30pm Muay Thai Fitness		1-2pm Gracie Combatives <b>Beginner Jiu-Jitsu</b>
					2-3pm Gracie Jiu-Jitsu <b>Master Cycle</b>
					3- 3:30pm <b>Master Cycle Sparring</b>

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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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