

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy
Morning/Afternoon Schedule
MONTROSE MALL
 Effective September, 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
7-8am Fitcamp Ladies Only				7-8am Fitcamp Ladies Only	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 Jiu-Jitsu Combatives	11-12pm Muay Thai Fitness	11-12pm Gracie Jiu-Jitsu Combatives	11-12pm Muay Thai Fitness	11-12pm Gracie Jiu-Jitsu Reflex Development	10:30-11:30 Kids Jiu-Jitsu 7-12 yrs
12-1pm Muay Thai Fitness	12-1pm Gracie Jiu-Jitsu Master Cycle	12-1pm Muay Thai Fitness	12-1pm Gracie Jiu-Jitsu Master Cycle	12-1pm Muay Thai Fitness	11:30-12pm Little Ninjas 4-6yrs
1-1:30pm Yoga	1-1:30pm Gracie Jiu-Jitsu Master Cycle Sparring	1-1:30pm Yoga	1-1:30pm Gracie Jiu-Jitsu Master Cycle Sparring	1-1:30pm Yoga	12-1pm Muay Thai Fitness
1:30 - 5pm Private Lessons/ Open Training	1:30 – 4:45pm <i>Private Lessons/ Open Training</i>	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 Jiu-Jitsu Combatives Beginners
					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 and Reflex Development 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

Effective September, 2014

<u>MONDAY</u>	<u>TUESDAY</u> 4:45-5:30pm Kids Muay Thai 9-12 yrs	<u>WEDNESDAY</u>	<u>THURSDAY</u> 4:45-5:30pm Kids Muay Thai 9-12 yrs	<u>FRIDAY</u>	<u>SATURDAY</u> 9:15-10am Kids Muay Thai 9-12 yrs
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 Jiu-Jitsu Combatives	6 - 7pm Kids Jiu-Jitsu 7-9 yrs	6 - 7pm Gracie Jiu-Jitsu Reflex Development	6 - 7pm Kids Jiu-Jitsu 10-12 yrs	6:00 – 7:00pm Gracie Jiu-Jitsu Master Cycle	10:30-11:30 Kids Jiu-Jitsu 7-12 yrs
7 – 8pm Gracie Jiu-Jitsu Sparring	7:00 – 8pm Muay Thai Fitness	7 – 8pm Muay Thai Fitness	7:00 – 8pm Gracie Jiu-Jitsu Combatives	7:00 – 8pm Muay Thai Fitness	11:30-12pm Little Ninjas 4-6yrs
8- 8:45pm Yoga	8-8:30pm Muay Thai Technique/ Drills	8 - 8:45pm Yoga	8 – 8:30pm Gracie Jiu-Jitsu Sparring		12-1pm Muay Thai Fitness
8:45 - 9:45pm Muay Thai Fitness	8:30 – 9:30pm Gracie Jiu-Jitsu Master Cycle	8:45 - 9:45pm Gracie Jiu-Jitsu Combatives	8:30 – 9:30pm Muay Thai Fitness		1-2pm Gracie Jiu-Jitsu Combatives Beginners
	9:30 – 10:00pm Gracie Jiu-Jitsu Master Cycle Sparring				2-3pm Gracie Jiu-Jitsu Master Cycle
					3- 3:30pm Master Cycle Sparring

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5:00 – 5:30 Little Ninjas (Ages 4-6)					9:30 – 10:00 Tiny Tigers (Age 3)
5:00 – 5:30 Fitness		5:00 – 5:30 Tiny Tigers (Age 3)			10:00 – 10:30 Little Ninjas (Ages 4 – 6)
5:30 – 6:30 Kids Jiu-Jitsu (Ages 7-12)	5:30 – 6:30 Kids Jiu-Jitsu (Ages 10 – 12)	5:30 – 6:00 Little Ninjas (Ages 4 – 6)	5:30 – 6:30 Kids Jiu-Jitsu (Ages 7 – 9)		10:00 – 10:30 Fitness
5:30 – 6:00 Fitness	5:30 – 6:00 Fitness	5:30 – 6:00 Fitness	5:30 – 6:00 Fitness		10:30 – 11:30 Kids Jiu-Jitsu (Ages 7 – 12)
6:30 – 7:30 Muay Thai Fitness	6:30 – 7:30 Brazilian Jiu-Jitsu	6:00 – 7:00 Muay Thai Fitness	6:30 – 7:30 Brazilian Jiu-Jitsu		10:30 – 11:00 Fitness
7:30 – 8:00 Muay Thai Technique/ Drills	7:30– 8:00 Brazilian Jiu-Jitsu Open Mat		7:30– 8:30 Brazilian Jiu-Jitsu Advanced		11:30 – 12:30 Brazilian Jiu-Jitsu
	8-9pm Yoga		7:30- 8:30 Brazilian Jiu-Jitsu Open Mat		12:30-1:30 Muay Thai Fitness

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