

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy
Morning/Afternoon Schedule Effective Sept 5th 2023
MONTROSE MALL

| <u>MONDAY</u> | <u>TUESDAY</u> 10:30-11:30am Jiu-Jitsu Fundamentals | <u>WEDNESDAY</u> | <u>THURSDAY</u> 10:30-11:30am Jiu-Jitsu Fundamentals | <u>FRIDAY</u> 10:30-11:30am Kids Jiu-Jitsu Homeschool Ages 5-12yrs | <u>SATURDAY</u> 10-10:45am Tiny Tigers Ages 3-4yrs |
|-----------------------------------|--|-----------------------------------|---|--|---|
| 12-1pm Muay Thai Kickboxing | 11:30-12:30am Advanced Jiu-Jitsu | 12-1pm Muay Thai Kickboxing | 11:30-12:30am Gracie Jiu-Jitsu Advanced Jiu-Jitsu | | 11-12pm Kid's Jiu-Jitsu No-Gi 5-12yrs |
| | 12:30-1pm Advanced Jiu-Jitsu Sparring | | 12:30-1pm Advanced Jiu-Jitsu Sparring | | 12-1pm Women's Jiu-Jitsu |
| | | | | | 1-2pm Jiu-Jitsu Fundamentals |
| | | | | | 2-2:30pm Advanced Jiu-Jitsu |
| | | | | | 2:30-3:30pm Advanced Jiu-Jitsu Sparring |

Note: Fundamentals Jiu-Jitsu is our beginner adult program (Blue text)
 Advanced 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 please contact 705.919.7153 (cell)
 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.