

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Morning/Afternoon Schedule

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.

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Evening Schedule - **MONTROSE MALL**

<u>MONDAY</u>	<u>TUESDAY</u> 4:15-5pm Little Ninjas 5-7yrs	<u>WEDNESDAY</u>	<u>THURSDAY</u> 4:15-5pm Little Ninjas 5-7yrs	<u>FRIDAY</u>	<u>SATURDAY</u> 10-10:45am Tiny Tigers Ages 3-4yrs
5:30-6:30pm Boxing Ages 8 and up (including Adults)	5-6pm Kid's Jiu-Jitsu 8-12yrs	5-6pm Kid's Black Belt Club 8-12yrs	5-6pm Kid's Jiu-Jitsu 8-12yrs		11-12pm Kid's No-Gi Jiu-Jitsu 5-12yrs
6:30- 7:30pm Muay Thai Kickboxing	6-7pm MMA	6- 7pm Women's Jiu-Jitsu	6-7pm Jiu-Jitsu Fundamentals	6- 7pm Advanced Jiu-Jitsu	12 - 1pm Jiu-Jitsu Fundamentals
	7-8pm Jiu-Jitsu Fundamentals	7-8pm Women's Muay Thai Kickboxing	7-8pm Advanced Jiu-Jitsu	7-8pm Muay Thai Kickboxing	1 - 2pm Advanced Jiu-Jitsu
			8-8:30pm Advanced Jiu-Jitsu Sparring		2-2:30pm Advanced Jiu-Jitsu Sparring
					2:30-3:30pm Women's Jiu-Jitsu

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Schedule – HANMER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-10:45am Tiny Tigers Ages 3-4yrs		4:15-5pm Little Ninjas 5-7yrs			
4:15-5pm Little Ninjas 5-7yrs		5-6pm Kid's Jiu-Jitsu 8-12yrs		5-6pm Kid's Black Belt Club 8-12yrs	
5-6pm Kid's Jiu-Jitsu 8-12yrs	6-7pm Kettlebell Fitness	6-7pm Jiu-Jitsu Fundamentals	6-7pm Kettlebell Fitness	6-7pm MMA	
6-7pm Brazilian Jiu-Jitsu Advanced	7-8pm Women's Muay Thai Kickboxing	7-8pm Brazilian Jiu-Jitsu Advanced	7-8pm Women's Jiu-Jitsu		
7-8pm Jiu-Jitsu Fundamentals		8- 8:30pm Advanced Jiu-jitsu Sparring			

Hanmer Kettlebell Bootcamp classes are included for our members. Please check the Hanmer Kettlebell Bootcamp Facebook page for more info.

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