

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Schedule Effective Sept 5th 2023 – 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 Jiu-Jitsu Reflex Development		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.

Note: Fundamentals Jiu-Jitsu is our beginner adult program (Blue text)
Advanced Jiu-Jitsu classes (purple text) are by invite only.

BRING A FRIEND TO CLASS TO GET A FREE T-SHIRT!!

To book your private or semi-private lessons in Gracie Jiu-Jitsu, Kids Jiu-Jitsu, Muay Thai, or Kettlebell, please contact 705.919.7153 (cell)

or contact info@sudburybjj.com

www.sudburybjj.com

Check us out at www.facebook.com/sudburybjj

Schedule may change without notice.