

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Evening Schedule Effective Sept 5th 2023 -MONTROSE MALL

MONDAY	TUESDAY 4:15-5pm Little Ninjas 5-7yrs	WEDNESDAY	THURSDAY 4:15-5pm Little Ninjas 5-7yrs	FRIDAY	SATURDAY 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

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

Schedule may change without notice.

Bring a friend and get a FREE shirt!