

# Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

## Evening Schedule Effective Sept 5<sup>th</sup> 2023 -**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 Women's Jiu-Jitsu
	7-8pm Jiu-Jitsu Fundamentals	7-8pm Women's Muay Thai Kickboxing	7-8pm Advanced Jiu-Jitsu	7-8pm Muay Thai Kickboxing	1 - 2pm Jiu-Jitsu Fundamentals
	8-8:30pm Jiu-Jitsu Reflex Development		8-8:30pm Advanced Jiu-Jitsu Sparring		2-3pm Advanced Jiu-Jitsu
					3-3:30pm 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](mailto:info@sudburybjj.com)

Check us out at [www.facebook.com/sudburybjj](https://www.facebook.com/sudburybjj)

Schedule may change without notice.

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

