

Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Evening

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> 9:30-10am Tiny Tigers Ages 3-4yrs
5:30-6:30pm Kickboxing 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		10-10:45am Little Ninjas No-Gi 5-7yrs
6:30- 7:30pm Muay Thai Kickboxing (13 and up)	6-7pm MMA	6- 7pm Women's Jiu-Jitsu	6-7pm Jiu-Jitsu Fundamentals	6- 7pm Advanced Jiu-Jitsu	11am-12pm Kids Jiu-Jitsu No-Gi 8-12yrs
	7-8pm Jiu-Jitsu Fundamentals	7-8pm Women's Muay Thai Kickboxing	7-8pm Advanced Jiu-Jitsu	7-8pm Muay Thai Kickboxing	12-1pm Women's Jiu-Jitsu
	8-8:30pm Jiu-Jitsu Reflex Development		8-8:30pm Advanced Jiu-Jitsu Sparring		1 -2pm Jiu-Jitsu Fundamentals
					2-3pm Advanced Jiu-Jitsu
	Note: Fundamentals Jiu-Jitsu is our beginner adult program (Blue text) Advanced Jiu-Jitsu classes (purple text) are by invite only.				3-3:30pm Advanced Jiu-Jitsu Sparring

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 TO CLASS TO GET A FREE T-SHIRT!!