

**Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy**  
**Morning/Afternoon**  
**MONTROSE MALL**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
	10:30-11:30am Jiu-Jitsu Fundamentals		10:30-11:30am Jiu-Jitsu Fundamentals	10:30-11:30am Kids Jiu-Jitsu Homeschool Ages 5-12yrs	9:30-10am 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		10-10:45am Little Ninjas No-Gi 5-7yrs
	12:30-1pm Advanced Jiu-Jitsu Sparring		12:30-1pm Advanced Jiu-Jitsu Sparring		11am-12pm Kids Jiu-Jitsu No-Gi 8-12yrs
					12-1pm Women's Jiu-Jitsu
					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](mailto:info@sudburybjj.com)

Check us out at [www.facebook.com/sudburybjj](https://www.facebook.com/sudburybjj)  
**BRING A FRIEND TO CLASS TO GET A FREE T-SHIRT!**  
Schedule may change without notice.