



Sudbury Brazilian Jiu Jitsu and Muay Thai Academy

KIDSPROGRAMMING

SUDBURYBJJ.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TIGERS 3-4 YEARS						9:30-10AM
LITTLE NINJAS 5-7 YEARS	4:15-5PM	4:15-5PM	4:15-5PM	4:15-5PM		10-10:45AM (NO GI)
KIDS 8-12 YEARS	5-6PM	5-6PM	5-6PM	5-6PM		11AM-12PM (NO GI)
KIDS BLACK BELT 8-12 YEARS			5-6PM		5-6PM	
HOMESCHOOL 5-12 YEARS					10:30-11:30AM	
KICKBOXING 8+ YEARS	5:30-6:30PM			5-6PM		
MUAY THAI/MUAY BORAN 8+ YEARS					AGES 8-13 7-8PM	
	MONTROSE	HANMER	BOTH LOCATIONS			



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ADULT PROGRAMMING

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNDAMENTALS BEGINNER JIU JITSU	7-8PM REFLEX DEVELOPMENT 8-8:30PM	10:30-11:30AM 7-8PM REFLEX DEVELOPMENT 8-8:30PM	6-7PM	10:30-11:30AM 6-7PM		1-2PM	
ADVANCED JIU JITSU	6-7PM	11:30AM-1PM	7-8:30PM	11:30AM-1PM 7-8:30 NOGI MODERN	7PM	2-3:30PM	
MMA		6-7PM			6-7PM		
WOMEN ONLY JIU JITSU			6-7PM	6-7PM		12-1PM	
A.M. CLUB		6:30A.M.		6:30A.M.			
WRESTLING							2-3:30PM
REFLEX DEVELOPMENT					12PM		
	MONTROSE	HANMER					



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MUAY THAI MUAY BORAN PROGRAMMING

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUAY THAI A.M.	12-1		12-1		
MUAY THAI P.M.	6:30-7:30	7-8:30	7-8:30	7-8:30	6-7
KIDS KICKBOXING MUAY THAI	5:30-6:30			5-6	5-6
	MONTROSE	HANMER			