

Sudbury Brazilian Jiu-Jitsu and Muay Thai Academy

Morning/Afternoon Schedule

Effective May 31st, 2010

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
7-8am Fitness Circuit		7-8am Fitness Circuit		7-8am Fitness Circuit	
11-12pm Brazilian Jiu-Jitsu	11-12pm Muay Thai Cardio/ Technique	11-12pm No-Gi Grappling	11-12pm Muay Thai Cardio/ Technique	11-12pm Brazilian Jiu-Jitsu	10-11am Kids Jiu-Jitsu 7-12 yrs
12-1pm Muay Thai Cardio/ Technique	12-1pm Brazilian Jiu-Jitsu	12-1pm Muay Thai Cardio/ Technique	12-1pm Brazilian Jiu-Jitsu	12-1pm Muay Thai Cardio/ Technique	11-11:45am Little Ninjas 4-6yrs
	1-1:30pm Kettlebell Conditioning		1-1:30pm Kettlebell Conditioning		12-12:30pm Kettlebell Conditioning
1-4pm Open Training	1-5pm Open Training	1-4pm Open Training	1-5pm Open Training	1-4pm Open Training	12:30-1:15pm Brazilian Jiu-Jitsu
4-4:45pm Ladies Only Fitness Circuit		4-4:45pm Ladies Only Fitness Circuit		4-4:45pm Ladies Only Fitness Circuit	1:15-2pm No-Gi Grappling
					2-3pm Muay Thai Cardio Conditioning
					3-4pm Muay Thai Advanced

Private or semi-private lessons also available for Grappling (BJJ), Muay Thai, Kettlebell, or Flexibility please contact 705.222.7655 or info@sudburybjj.com

Legend:

- BJJ Program
- Muay Thai Program
- Kettlebell/Fitness Program
- Kids Jiu-Jitsu Program (7-12yrs)
- Little Ninjas Jiu-Jitsu Program (4-6yrs)
- Kids and Adult Zumba Program (Zumba classes are paid per class or by 10 or 20 class pass)
- Flexibility Program

(Note: Flexibility classes are open to BJJ and Muay Thai programs, as well as the fitness program)

Sudbury Brazilian Jiu-Jitsu and Muay Thai Academy

Class Schedule, Evening.

Effective May 31st, 2010

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
4 - 4:45pm Ladies Only Fitness Circuit		4 - 4:45pm Ladies Only Fitness Circuit		4 - 4:45pm Ladies Only Fitness Circuit	
5 - 6pm Kids Jiu-Jitsu 7-12yrs			5 - 5:45pm Little Ninjas 4-6yrs		
6 - 7pm Brazilian Jiu-Jitsu	6 - 7pm Kids Jiu-Jitsu 7-12 yrs	6 - 6:45pm Little Ninjas 4-6yrs	6 - 7pm Kids Jiu-Jitsu 7-12 yrs	6 - 7pm Brazilian Jiu-Jitsu/ No-Gi Sparring	
7 - 7:45pm Brazilian Jiu-Jitsu Randori		6:45 - 7:30pm Muay Thai Cardio/ Technique			
7:45 - 8:15pm Kettlebell/ Conditioning	7 - 7:45pm Brazilian Jiu-Jitsu	7:30 - 8pm Kettlebell/ Conditioning	7 - 7:45pm Muay Thai Cardio Conditioning	7 - 8pm Muay Thai Technique/ Sparring	
8:15 - 8:45pm Flexibility/ Conditioning	7:45 - 8:30pm Brazilian Jiu-Jitsu Randori	8 - 8:45pm Flexibility/ Conditioning	7:45 - 8:30pm Muay Thai Technique/ Sparring		
8:45 - 9:30pm Muay Thai Cardio Conditioning	8:30 - 9:15pm Muay Thai Cardio Conditioning	8:45 - 9:30pm No-Gi Grappling	8:30 - 9:15pm Brazilian Jiu-Jitsu		
9:30 - 10pm Muay Thai Technique/ Sparring	9:15 - 10pm Muay Thai Technique/ Sparring	9:30 - 10pm No-Gi Grappling Sparring	9:15 - 10pm Brazilian Jiu-Jitsu Randori		

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