



WARRIORS FOR CHRIST BRAZILIAN JIU JITSU ACADEMY



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(Kroger Shopping Center)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00	Noon BJJ	BJJ HBU Location		BJJ HBU Location	Noon BJJ
1:00-2:00	<i>OPEN FOR PRIVATES</i>	<i>OPEN FOR PRIVATES</i>	<i>OPEN FOR PRIVATES</i>	<i>OPEN FOR PRIVATES</i>	<i>OPEN FOR PRIVATES</i>
3:00-5:45	AFTER SCHOOL PICK UP	AFTER SCHOOL PICK UP	AFTER SCHOOL PICK UP	AFTER SCHOOL PICK UP	AFTER SCHOOL PICK UP
4:45-5:45	Advanced KIDS BJJ	Advanced KIDS No Gi BJJ	Advanced KIDS BJJ	Advanced KIDS Cardio	5:30 PM KIDS BJJ Advanced & Beginner Combined Class
5:45-6:30	Beginners KIDS BJJ	Beginners KIDS No Gi BJJ	Beginners KIDS BJJ	Beginners KIDS Cardio	
6:30-7:30	Cardio Kickboxing Stand Up/MMA & Self-Defense Training	Cardio Kickboxing Stand Up/MMA & Self-Defense Training	Cardio Kickboxing Stand Up/MMA & Self-Defense Training	Cardio Kickboxing Stand Up/MMA & Self-Defense Training	6:30 PM Cardio Kickboxing Stand Up/MMA & Self-Defense Training
7:30-9:00	BJJ Fundamentals & Competition Training	BJJ Fundamentals & Competition Training	BJJ Fundamentals & Competition Training	BJJ Fundamentals & Competition Training	7:30 PM BJJ Fundamentals & Competition Training

Training Classes	Brazilian Jiu Jitsu	WFCBJJ
Entail a combination of strength and coordination training, physical exercises, stranger awareness, safety tips, and self-defense techniques.	Is a martial art, a combat sport, and a self-defense system that focuses on grappling and ground fighting.	Provides training in which one may successfully defend themselves against an assailant with proper technique and the use of leverage.

Kids After School Pick Up Program

August 22, 2016 – May 31, 2017

Monday - Friday

2:45 pm - 5:45 pm

PRICING

Kids Classes Unlimited Monthly Training **\$135.00 Per Month**

Adult Classes Unlimited Training **~~\$160.00 Per Month~~**

*****COME IN FOR OUR SPECIAL DISCOUNTED PRICE*****

Cardio Kickboxing & Self Defense Training Classes **\$75.00 Per Month**

Family Plan, Military, Teacher, & Law Enforcement Discounts Available

Come in to inquire about our Package Specials and Kids Programs!