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| Fit 2 Defend Academy  Adult- Teens Class Schedule 2019**1 FREE WEEK of Training** **(847) 445-7247****Email: f2dbjj@gmail.com****Check out our website: *www.fit-to-defend.com****Schedule KEY:***Fit Strike Kickboxing Classes = IN RED****Brazilian Jiu-Jitsu Classes = IN BLACK** | *Lake Bluff Address:* 29870 Skokie Hwy. Lake Bluff IL. 60044 (Teens & Adult Fit Strike Kickboxing & Brazilian Jiu-Jitsu Classes)**EFFECTIVE AS OF: October 14th, 2019***Schedule may change* |

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|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday******Morning*** | ***Sunday******Morning*** |
|  |  |  | **7:30 - 9:00 AM****Brazilian Jiu-Jitsu****Invite Only** |  |  | **8:00 -9:15 AM****Brazilian Jiu-Jitsu** | **8:00 -9:30 AM****Brazilian Jiu-Jitsu** |
|  | **NOON – 1:00 PM****Brazilian Jiu-Jitsu** |  | **NOON – 1:00 PM****Brazilian Jiu-Jitsu** |  |  | **9:00 – 9:45 AM****ALL AGE****Youth & Adult****Brazilian Jiu-Jitsu Drilling Class** |  |
|  |  |  |  |  |  | **9:15 – 10:15 AM****Yoga Class****Traveling Yogi**(call for class spot) |  |
| **6:15 –****7:00 pm** | **ALL AGE****Youth & Adult****Brazilian Jiu-Jitsu Drilling Class** | **Fundamental** **Brazilian Jiu-Jitsu Class** |  | **Fundamental** **Brazilian Jiu-Jitsu Class** |  |  |  |
| **7:00 –****7:45 pm** | **Open Mat Training** | **Fit Strike Kickboxing Class** | **Adult Brazilian** **Jiu-Jitsu Drilling class****7:00 – 8:00 pm** | **Fit Strike Kickboxing Class** |  |  |  |
| **7:45 –****8:30 pm** | **Open Mat Training** | **All Level** **Brazilian Jiu-Jitsu Class** |  | **All Level** **Brazilian Jiu-Jitsu Class** |  |  |  |