

**1 FREE WEEK** of Training

(847) 445-7247

Email: f2dbjj@gmail.com

Check out our website: www.fit-to-defend.comSchedule KEY:

Youth Combative Blend Classes = IN RED

Brazilian Jiu-Jitsu Classes = IN BLACK

Black Belt class = IN BLUE

Lake Bluff Address: 29870 Skokie Hwy. Lake Bluff IL. 60044

(Youth, Teens & Adult F2D Combative Blend, Brazilian Jiu-Jitsu Classes)

EFFECTIVE AS OF: Feb 17th, 2020*Schedule may change*

	Monday	Tuesday	Wednesday	Thursday		Saturday Morning	Sunday Morning
4:00-4:45 pm	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)		9:00 – 9:45 (AM) ALL AGE Youth & Adult Brazilian Jiu-Jitsu Drilling Class	10:00 – 11:00 (AM) F2D Youth Self Defense Class (6 yrs. –15 yrs. old)
4:45-5:30 pm	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)		10:00- 10:45 (AM) F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	
5:30–6:15 pm	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Brazilian Jiu-Jitsu Class (8 yrs. – 15 yrs. old)	F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	F2D Youth Brazilian Jiu-Jitsu Class (8 yrs. – 15 yrs. old)		10:45- 11:30 (AM) F2D Youth Self Defense Class (6 yrs. –15 yrs. old)	
6:15 – 7:00 pm	ALL AGE Youth & Adult Brazilian Jiu-Jitsu Drilling Class		F2D Black Belt Class			10:45 -11:30 (AM) F2D Black Belt Class	
7:00 – 7:45 pm						11:30 AM - 12:15 PM Sparring Class (8 yrs. –15 yrs. old)	
7:45 – 8:30 pm						Leadership Team Black Belt Training 12:30-1:00 pm Invite ONLY	