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| Fit 2 Defend Academy Effective: Monday, July 9thClass Schedule 2018 **BOTH Locations LB = Lake Bluff Location**  **1 FREE WEEK of Classes HP = Highland Park Location**  **(847) 445-7247** | *Lake Bluff Address:* 29870 Skokie Hwy. Lake Bluff, IL. 60044(Youth, Teens & Adult Brazilian Jiu-Jitsu & Combative Blend Self Defense Classes offered)*Highland Park Address:* 2200 Skokie Blvd. Highland Park, IL 60035F2D Youth/Teenager Programs offered Inside: Krav Maga Illinois (Youth & Teenager Self Defense & Leadership training offered) |
| Check out our website: *www.fit-to-defend.com* |  |

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|  | ***Monday*****Lake Bluff Location** | ***Tuesday*****Lake Bluff** **Location** | ***Wednesday*****Highland Park Location** | ***Thursday*****Lake Bluff** **Location** | ***Weekday******Mornings*** **Lake Bluff Location** | ***Saturday******Morning*****BOTH Locations** | ***Sunday******Morning*****BOTH Locations** |
| **4:00-****4:45 pm** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **HP Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Monday (AM)**  **10:00 – 11:00 am**  **Adult BJJ Morning Class** | **LB Location**  **7:30- 9:00 am**  **Adult BJJ**  **ALL Levels Class** | **LB Location**  **7:30- 9:00 am**  **Adult BJJ**  **ALL Levels Class** |
| **4:45-****5:30 pm** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **HP Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Wednesday &**  **Fridays (AM)**  **7:30- 9:00 am**  **Adult BJJ Morning Class** | **LB Location**  **8:30- 9:15 am**  **Youth BJJ**  **Competition Class**  *(Invite only)* | **HP Location**  **10:00 – 10:45 am**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** |
| **5:30 – 6:15 pm** | **LB Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Older Youth**  **Brazilian Jiu-jitsu Class**  **(8 yrs. –15 yrs. old** | **HP Location**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **LB Location**  **Older Youth**  **Brazilian Jiu-jitsu Class**  **(8 yrs. –15 yrs. old** |  | **HP Location**  **10:15 – 11:00 am**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** | **HP Location**  **10:45 – 11:30 am**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** |
| **6:15 –** **7:00 pm** | **F2D Self Defense Teenager & Adult Combative**  **Class** | **LB Location**  **Teenager & Adult BJJ Fundamental Class** | **HP Location**  **TEENAGER F2D**  **Self Defense Class**  ***6:30 – 7:15 pm*** | **LB Location**  **Teenager & Adult BJJ Fundamental Class** |  | **HP Location**  **11:00 – 11:45 am**  **Youth F2D**  **Self Defense Class**  **(6 yrs.–12 yrs. old)** |  |
| **7:00 –** **7:45 pm** | **LB Location**  **Adult BJJ**  **Drilling/Open Mat Training**  **7:15 – 8:00 pm** | **LB Location**  **F2D Self Defense**  **Teenager & Adult Combative**  **Class** |  | **LB Location**  **F2D Self Defense Teenager & Adult Combative**  **Class** |  | **HP Location**  **11:45 am-12:15 pm**  **Youth F2D**  **Sparring Class**  **(6 yrs.–12 yrs. old)** |  |
| **7:45 –**  **8:30 pm**  **8:30-9:30PM** |  | **LB Location**  **All Level Adult BJJ**  **BJJ Open Mat** |  | **LB Location**  **All Level Adult BJJ**  **BJJ Open Mat** |  |  |  |