|  |  |
| --- | --- |
| 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* |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***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**  |  |  |  |