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| Fit 2 Defend Academy YOUTH SCHEDULEYOUTH Class Schedule 2021 Class Color Key**HQ Location: Lake Bluff Youth Introduction classes (PURPLE)****1 FREE WEEK of Classes Youth Combative Blend classes (BLACK)** **Youth Brazilian Jiu-Jitsu class (RED)****(847) 445-7247 Virtual class schedule (YELLOW)** | **EFFECTIVE AS OF: Monday, March 1st , 2021****\*Private/ Small Group classes are available**   |
| Check out our website: [*www.fit-to-defend.com*](http://www.fit-to-defend.com) | Address: 29870 Skokie Hwy, Lake Bluff, IL. 60044 |

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|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Saturday******Morning*** | ***Sunday******Morning*** | ***F2D Virtual******Class* Schedule*****Listed Below*** |
|  | **Youth Introduction Class (Room B)****4:45- 5:15 PM** |  | **Youth Introduction Class (Room B)****4:45- 5:15 PM**  |  | **10:00 – 10:45 am****Youth Brazilian**  **Jiu-Jitsu Class***Master-Elite members**(Starts May 1st, 2021)* |  | ***Monday & Wednesday******Virtual*****Youth F2D****Self Defense Class****4:00- 4:35 PM** |
|  **4:45-****5:30 pm** | **All Level Youth** **Combative Blend Class: Room A****(6 yrs.–14 yrs. old)** | **All Level Youth** **Combative Blend Class****(6 yrs.–14 yrs. old)** | **All Level Youth** **Combative Blend Class: Room A****(6 yrs.–14 yrs. old)** | **All Level Youth****Combative Blend Class****(6 yrs.–14 yrs. old)** | **10:00 – 10:45 am** **All Level Youth F2D****Combative Blend Class** | **10:00-11:00 am** **All Level Youth F2D****Combative Blend Class** | **Thursday*****Virtual*****F2D Black Belt ONLY class****4:00-4:40 PM** |
|  **5:30 – 6:15 pm** | **All Level Youth F2D****Combative Blend Class****(6 yrs.–14 yrs. old)** | **Youth Brazilian Jiu-Jitsu Class***Master-Elite members***5:30-6:30 PM** | **F2D****Combative Blend Class*****Intermediate & Advance belts*** |  **Youth Brazilian**  **Jiu-Jitsu Class***Master-Elite members* **5:30-6:30 PM** | **10:45 – 11:30 am****Youth F2D****Combative Blend** ***Room A:******Beginner & Intermediate Belts******Room B:******Advance Belts*** |  | ***Saturday Morning******Virtual*****F2D Team Workout****10:15 – 10:40 AM** |
| **6:15 –****7:00 pm** |  |  | ***F2D Black Belt class*** |  | **11:30 am-12:10 pm****Sparring class** ***Intermediate Belts*****& *Advance Belts*** |   |  |
| **7:00 –** **7:30 pm** |  |  |  |  | **12:15 – 12:45 PM** **F2D Black Belt Class** |  | **SCHEDULE YOUR NEXT:*****Birthday Party*** ***Private party* or*****Private-Group lesson*** |