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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*** |