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| Fit 2 Defend Academy YOUTH SCHEDULEYOUTH Class Schedule 2020 Class Color Key **HQ Location: Lake Bluff Youth Brazilian Jiu-Jitsu class (RED)**  **1 FREE WEEK of Classes Youth Combative Blend classes (BLACK)**  **(847) 445-7247 Virtual class schedule (YELLOW)** | **EFFECTIVE AS OF: Tuesday, September 8th, 2020**  **\*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*** | ***F2D Virtual******Class* Schedule** ***Listed Below*** |
|  |  |  |  |  |  |  | ***Monday & Wednesday***  ***Virtual***  **Youth F2D**  **Self Defense Class**  **4:00- 4:40 PM** |
| **4:45-****5:30 pm** | **Youth**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** | **Youth**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** | **Youth**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** | **Youth**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** |  | **10:00 – 10:45 am**  **Youth F2D**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** | **Thursday**  ***Virtual***  **F2D Black Belt ONLY class**  **4:00-4:40 PM** |
| **5:30 – 6:15 pm** | **Youth F2D**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** | **Youth Brazilian Jiu-Jitsu Class**  *Master-Elite members* | **F2D**  **Combative Blend Class**  ***(Older Kid class)***  **(9 yrs.– older)** | **Youth Brazilian**  **Jiu-Jitsu Class**  *Master-Elite members* |  | **10:45 – 11:30 am**  **Youth F2D**  **Combative Blend Class**  **(6 yrs.–14 yrs. old)** | ***Saturday Morning***  ***Virtual***  **F2D Team Workout**  **11:00 – 11:45 AM** |
| **6:15 –** **7:00 pm** |  |  | ***F2D Black Belt class*** |  |  | **11:30 am – Noon**  **Sparring class** |  |
| **7:00 –** **7:30 pm** |  |  |  |  |  | **12:00 – 12:45 PM**  **F2D Black Belt Class** |  |
| **7:30 - 8:30 pm** |  |  |  |  |  |  | ***Birthday Party Packages,***  ***Event Space Rental,***  ***Private lessons***  ***NOW Available***  ***Call for information*** |