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| Fit 2 Defend Academy*Youth* Class Schedule 2019 **1 FREE WEEK of Training**  **(847) 445-7247**  **Email: f2dbjj@gmail.com**  **Check out our website: *www.fit-to-defend.com***  *Schedule KEY:*  **Youth Combative Blend Classes = IN RED**  **Brazilian Jiu-Jitsu Classes = IN BLACK** | *Lake Bluff Address:* 29870 Skokie Hwy. Lake Bluff IL. 60044(Youth, Teens & Adult F2D Combative Blend, Brazilian Jiu-Jitsu Classes) **EFFECTIVE AS OF: October 7th, 2019**  *Schedule may change* |

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|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** |  | ***Saturday******Morning*** | ***Sunday******Morning*** |
| **4:00-****4:45 pm** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** |  | **9:00 – 9:45 (AM)**  **ALL AGE**  **Youth & Adult**  **Brazilian Jiu-Jitsu Drilling Class** | **10:00 – 11:00 (AM)**  **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** |
| **4:45-****5:30 pm** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** |  | **10:00- 10:45 (AM)**  **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** |  |
| **5:30–**  **6:15 pm** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Brazilian Jiu-Jitsu Class**  **(8 yrs. – 15 yrs. old)** | **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** | **F2D Youth**  **Brazilian Jiu-Jitsu Class**  **(8 yrs. – 15 yrs. old)** |  | **10:45- 11:30 (AM)**  **F2D Youth**  **Self Defense Class**  **(6 yrs. –15 yrs. old)** |  |
| **6:15 –** **7:00 pm** | **ALL AGE**  **Youth & Adult**  **Brazilian Jiu-Jitsu Drilling Class** |  | **F2D Black Belt Class** |  |  | **10:45 -11:30 (AM)**  **F2D Black Belt Class** |  |
| **7:00 –** **7:45 pm** |  |  |  |  |  | **11:30 AM - 12:15 PM**  **Sparring Class**  **(8 yrs. –15 yrs. old)** |  |
| **7:45 –** **8:30 pm** |  |  |  |  |  | **Leadership Team**  **Black Belt Training**  **12:15-1:00 pm**  **Invite ONLY** |  |