



Berwyn Heights Brazilian Jiu Jitsu
 Offering Self-Defense Education and Jiu Jitsu instruction for all ages!
 A Certified Gracie Jiu Jitsu Training Center ©
 College Park, MD



Class Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM							Jr. Grapplers (Kids 8-13)
10:00 AM						Combatives (Beginner Adult)	Little Champs (Kids 5-7)
11:00 AM							Combatives (Beginner Adult)
12:00 AM							Women Empowered (Women Only)
1:00 PM							Master Cycle (Advance Adult)
6:00 PM			Black Belt Club (Advanced Kids)		Little Champs (Kids 5-7)		
7:00 PM		Combatives (Beginner Adult)	Women Empowered (Women Only)	Combatives (Beginner Adult)	Jr. Grapplers (Kids 8-13)		
8:00 PM		Master Cycle (Advanced Adult)	Reflex Development	Master Cycle (Advanced Adult)	Fundamentals of Striking		