



**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

Combatives- Adult Self Defense ◊ Women Empowered- Women's Self Defense ◊ Jr. Grapplers- Kids 8-13 ◊ Little Champs- Kids 5-7 ◊ Master Cycle- Advanced Adults

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 AM</b>							<b>Jr. Grapplers</b>
<b>10:00 AM</b>						<b>Combatives</b>	<b>Little Champs</b>
<b>11:00 AM</b>							<b>Combatives</b>
<b>12:00 AM</b>							<b>Women Empowered</b>
<b>1:00 PM</b>							Master Cycle
<b>6:00 PM</b>			Black Belt Club (Advanced Kids)		<b>Little Champs</b>		
<b>7:00 PM</b>		<b>Combatives</b>	<b>Women Empowered</b>	<b>Combatives</b>	<b>Jr. Grapplers</b>		
<b>8:00 PM</b>		Master Cycle	Reflex Development	Master Cycle	Fundamentals of Striking		

*Effective beginning Saturday, November 10<sup>th</sup>!*