



**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



**www.BerwynHeightsBJJ.com**  
**7100 Baltimore Avenue, College Park MD (301) 458- 0434**  
**Email: Info@BerwynHeightsBJJ.com**

**Membership Options**

*All Memberships require 60-days written notice for cancellation.*

Classes / Week	Cost per Month	Includes
Individual Memberships		
1 Class	\$100	FREE Uniform, GU Access
2 Classes	\$140	FREE Uniform, GU Access
Unlimited (individual)	\$160	FREE Uniform, GU Access
Family Memberships		
Family Plan- 3 ppl (Unlimited)	\$250	FREE Uniform (up to 3), Family GU Access
Family Plan > 3 ppl	+\$80/person	FREE Uniform, GU Access

To schedule an Intro and start your 10-day FREE trial, call 301-458-0434 or email info@berwynheightsbjj.com.

Current Class Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:00 pm- Fundamentals of Striking  6:00 pm- Combatives  7:00 pm- Master Cycle	5:00- Bullyproof (All ages)  6:00 pm- Women Empowered	6:00 pm- Combatives  7:00 pm- Master Cycle	5:00- Bullyproof (All ages)  6:00 pm- Women Empowered  7:00- Combatives	6:00 pm- Combatives	9:00 am- Combatives  10:00 am- Combatives  11:00 am- Master Cycle

Combatives- Beginner Self-Defense | Women Empowered- Women’s Self-Defense  
 Bullyproof Little Champs- Kids 5-7 | Bullyproof Jr. Grapplers- Kids 8-13  
 Master Cycle- Advanced Adults

\*Schedules and prices subject to change. ©2020 Berwyn Heights BJJ, Inc.



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