

Fit 2 Defend Academy
Adult- Teens Class Schedule 2023



Try a Free Class

(847) 445-7247

Email: f2dbjj@gmail.com

Check out our website: www.fit-to-defend.com.

Schedule KEY:

Brazilian Jiu-Jitsu Classes = IN BLACK

Combative Blend Classes = IN ORANGE

Lake Bluff Address:

419 W. Washington Ave. Unit A. Lake Bluff IL. 60044

(Teens & Adult Jitsu Class Schedule)

EFFECTIVE AS OF: June 22nd, 2023

Schedule may change.

Programs for ages 15 yrs. old and older

CALL US to Schedule Free Trial Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning	Sunday Morning
						8:00 -9:00 AM Master Brazilian Jiu-Jitsu class (40 yrs. old & older)	9:00 -10:00 AM All level Brazilian Jiu-Jitsu
12:00-1:00 PM	All Level Brazilian Jiu-Jitsu		All Level Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu Open Drilling/Mat Not a formal class	9:00 -10:00 AM All Level Brazilian Jiu-Jitsu	
6:30 - 7:30 PM	All Level Brazilian Jiu-Jitsu	All Level Brazilian Jiu-Jitsu	All Level Brazilian Jiu-Jitsu	All Level Brazilian Jiu-Jitsu			
7:30 – 8:30 PM	Combative Blend	Combative Blend		Combative Blend			
7:30 – 8:30 PM	Open Mat Training Blue Mats	Open Mat Training Blue Mats	Open Mat Training Blue Mats	Open Mat Training Comp/Drilling MAIN MAT			

“CREATING CHAMPIONS FOR THE GAME OF LIFE!”