

Fit 2 Defend Academy
 YOUTH Class Schedule 2023
 HQ Location: Lake Bluff
 1st class is FREE

(847) 445-7247

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

YOUTH SCHEDULE

Class Color Key

Youth Introduction classes (PURPLE)
 Youth Combative Blend classes (BLACK)
 Youth Brazilian Jiu-Jitsu class (RED)
 Program ages for 6 – 15 yrs. old

EFFECTIVE AS OF: Monday, January 2nd, 2023
 2023 SCHEDULE

*Private/ Small Group classes are available

Address: 419 W. Washington Ave. Unit A, Lake Bluff, IL. 60044



	Monday	Tuesday	Wednesday	Thursday	Saturday Morning	Sunday Morning	
	Youth Introduction Private Lesson 4:00- 4:30 PM Contact us to schedule	Youth Introduction Private Lesson 4:00- 4:30 PM Contact us to schedule	Youth Introduction Private Lesson 4:00- 4:30 PM Contact us to schedule	Youth Introduction Private Lesson 4:00- 4:30 PM Contact us to schedule			
4:40- 5:30 pm	All Level Youth Combative Blend Class: (6 yrs.–15 yrs. old)	All Level Youth Combative Blend Class (6 yrs.–15 yrs. old)	All Level Youth Combative Blend Class: (6 yrs.–15 yrs. old)	All Level Youth Combative Blend Class (6 yrs.–15 yrs. old)	10:00 – 11:00 am All Level Youth F2D Combative Blend Class	10:00-11:00 am All Level Youth Combative Blend Class	
5:30 – 6:30 pm	All Level Youth Combative Blend Class (10 yrs.–15 yrs. old) Older members class	Youth Brazilian Jiu-Jitsu Class Elite members	YOUTH COMBATIVE F2D BLACK BELT CLASS	Youth Brazilian Jiu-Jitsu Class Elite members	11:00 am-11:40 am Sparring class Intermediate Belts & Advance Belts		
5:30 – 6:30 pm					11:45 am-12:30 pm YOUTH COMBATIVE F2D BLACK BELT CLASS		SCHEDULE YOUR NEXT: Birthday Party Private party or Private-Group lesson

“CREATING CHAMPIONS FOR THE GAME OF LIFE!”

Contact Us: Email: www.f2dbjj@gmail.com

Website: www.fit-to-defend.com

Facebook: Fit 2 Defend Academy

Instagram: fit2defendacademy