



ELITE MARTIAL ARTS

BJJ SCHEDULE

9831 - 45 Ave
 Edmonton, Alberta T6E 5C8
 (780) 413 - 4009
 www.elite-edmonton.com

Effective September 9, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------------------------------------|--|--------------------------------------|--------------------------------------|--------------------------------------|
| 6:00-7:00 AM BRAZILIAN JIU JITSU | 12:00-1:00 BRAZILIAN JIU JITSU | 6:00-7:00 AM BRAZILIAN JIU JITSU | 12:00-1:00 BRAZILIAN JIU JITSU | | 12:00-1:00 BRAZILIAN JIU JITSU |
| 6:00-7:00 PM Children BJJ | | 6:00-7:00 PM Children BJJ | | 6:00-7:00 PM BJJ Woman's Only | 1:00-2:00 BJJ OPEN MAT |
| BJJ Fundamentals | 6:30-7:30 Junior BJJ | BJJ Fundamentals | 6:30-7:30 Junior BJJ | 6:30 - 7:30 BJJ Child/Jr No Gi | |
| 7:00-8:00 BJJ Adult No Gi | 7:30-8:30 BRAZILIAN JIU JITSU | 7:00-8:00 BJJ Adult Advanced Class | 7:30-8:30 BRAZILIAN JIU JITSU | 7:30-8:30 BJJ Competition Team | |
| 8:00-9:00 BJJ OPEN MAT | 8:30-9:00 BJJ OPEN MAT | 8:00-9:00 BJJ OPEN MAT | 8:30-9:00 BJJ OPEN MAT | | |
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***Private Lessons (30 min sessions) Open Upon Availability -- Inquire at Front Desk*

Brazilian Jiu Jitsu

- *Children BJJ - 7 to 11 years old
- *Junior BJJ - 12 to 15 years old
- *BRAZILIAN JIU JITSU - 15 yrs and up

- *BJJ Child/Jr No Gi - 7 to 15 years old (White Belt w/ 2 stripes and up)
- *BJJ Child/Jr No Gi - 16 years and up (Green Belt and up)
- *BJJ Open Mat - Yellow/Green Belt and up, Ages 12 and up
- *BJJ Fundamentals - White Belts Only, Ages 16 and up (Reservation Required)
- *BJJ Competition Team Training, Ages 12 and up
- *BJJ Advanced Class - Blue Belts and Up
- *Private Lessons - Taekwondo/BJJ with Certified Black Belt Instructor
(Reservation Required)

Instructor reserves the right to change scheduled classes to meet students' needs