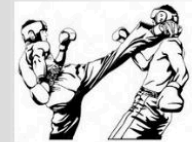




ADULT CLASS SCHEDULE



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SCHEDULE 2026

419 W. WASHINGTON AVE. LAKE BLUFF, IL 60044

	Monday	Tuesday	Wednesday	Thursday		Saturday	Sunday
12:00- 1:00 PM	ADULT BRAZILIAN JIU-JITSU ALL LEVEL		ADULT BRAZILIAN JIU-JITSU ALL LEVEL	ADULT BRAZILIAN JIU-JITSU ALL LEVEL	7:15 - 8:00 AM	REAL EARLY BIRD AGE 40+ ADULT BRAZILIAN JIU-JITSU DRILLING CLASS	
5:30 - 6:30 PM	MAT #2: ADVANCED OPEN MAT MEMBERS ONLY	MAT #2: ADVANCED OPEN MAT MEMBERS ONLY	TEENS-ADULT BOXING/ KICKBOXING	MAT #2: ADVANCED OPEN MAT MEMBERS ONLY	8:00 - 8:45 AM	EARLY BIRD ADULT BRAZILIAN JIU-JITSU DRILLING CLASS	
6:30-7:30 PM	ADULT BRAZILIAN JIU-JITSU ALL LEVEL	ADULT BRAZILIAN JIU-JITSU ALL LEVEL	ADULT BRAZILIAN JIU-JITSU ALL LEVEL	ADULT BRAZILIAN JIU-JITSU ALL LEVEL	9:00 - 10:00 AM	ADULT BRAZILIAN JIU-JITSU ALL LEVEL	ADULT BRAZILIAN JIU-JITSU ALL LEVEL
7:30-8:30 PM	OPEN MAT MEMBERS ONLY	MUAY THAI KICKBOXING ----- MAT #2: OPEN MAT MEMBERS ONLY	OPEN MAT MEMBERS ONLY	MUAY THAI KICKBOXING ----- MAT #2: OPEN MAT MEMBERS ONLY	10:00 - 11:00 AM ----- 12:30 - 1:30 PM	MAT #2 WOMEN ONLY BRAZILIAN JIU-JITSU CLASS ----- BJJ OPEN MAT OPEN TO PUBLIC	PRIVATE LESSONS ARE AVAILABLE! CONTACT US TO SCHEDULE