

# North Park Brazilian Jiu Jitsu & Fitness

3363 El Cajon Blvd, San Diego, CA 92104 - 619.630.7116 - www.northparkbjj.com

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:00 am - 7:30 am Adults Gi/No-Gi		6:00 am - 7:30 am Adults Gi/No-Gi		7:00 am - 8:00 am Adults No-Gi	9:00 am - 10:00 am Ladies No-Gi
7:30 am - 9:00 am Adults Jiu Jitsu	7:30 am - 9:00 am Adults Jiu Jitsu	7:30 am - 9:00 am Adults No-Gi	7:30 am - 9:00 am Adults Jiu Jitsu	7:30 am - 9:00 am Adults Jiu Jitsu	9:30 am - 11:30 am Adults Eskrima	10:00 am - 11:30 am Adults No-Gi
	Private Instruction by Appt		Private Instruction by Appt		 <p>Drop In Fee: \$20 or Yelp Review  <b>Extended Visits:</b> 1 Week \$50, 2 Weeks \$100  <b>Gi Rental:</b> \$10/day</p> <p><b>Holiday Schedule:</b>            No regular classes on Federal Holidays, check Instagram (@northparkbjj) for Holiday Open Mat &amp; Alternate Class Schedule</p>	
	12:00 pm - 1:30 pm Adults No-Gi		12:00 pm - 1:30 pm Adults Jiu Jitsu			
5:15 pm - 6:00 pm Kids Fundamentals Jiu Jitsu		5:15 pm - 6:00 pm Kids Fundamentals Jiu Jitsu		5:15pm - 6:00 pm Kids Int/Adv No-Gi		
6:00 pm - 6:45 pm Kids Int/Adv Jiu Jitsu	6:00 pm - 6:45 pm Kids Fundamentals Jiu Jitsu	6:00 pm - 6:45 pm Kids Int/Adv Jiu Jitsu	6:00 pm - 7:00 pm Ladies Jiu Jitsu	6:00 pm - 6:45 pm Kids Fundamentals No-Gi		
7:00 pm - 8:30 pm Adult Fundamentals No-Gi	7:00 pm - 8:30 pm Adults Jiu Jitsu	7:00 pm - 8:30 pm Adult Fundamentals Jiu Jitsu	7:00 pm - 8:30 pm Adults Jiu Jitsu	7:00 pm - 8:30 pm Adults Jiu Jitsu		
		8:30 pm - 10:00 pm Adults Eskrima				

*Fundamental Classes are open to all levels but focus on Beginner Techniques.*