

ESSENTIAL JIU JITSU

MON

6:30 AM
INTERMEDIATE GI
10:00 AM
INTERMEDIATE GI
11:00 AM
PRO TRAINING
5:15 PM
KIDS 5-7 GI
KIDS 7-13 GI

6:30 PM
ADVANCED GI
INTRO GI

7:45 PM
INTERMEDIATE GI

TUE

6:30 AM
INTERMEDIATE GI
10:00 AM
INTERMEDIATE GI
11:00 AM
FREE PRO TRAINING

4:15 PM
KIDS 5-7 GI

5:15 PM
KIDS 7-13 NOGI

6:30 PM
ADVANCED NOGI
INTRO NO GI

7:45 PM
INTERMEDIATE NO GI

WED

6:30 AM
INTERMEDIATE NOGI
10:00 AM
INTERMEDIATE NOGI

5:15 PM
KIDS 5-7 GI
KIDS 7-13 GI

6:30 PM
ADV NOGI
INTRO NOGI

7:45 PM
INTERMEDIATE GI

THU

6:30 AM
INTERMEDIATE GI
10:00 AM
INTERMEDIATE GI
11:00 AM
PRO TRAINING

4:15 PM
KIDS 3-6 GI

5:15 PM
KIDS 7-13 GI

5:45 PM
JUDO FOR JIU JITSU

6:30 PM
ADVANCED GI
6:45 PM
INTRO GI

7:45 PM
INTERMEDIATE GI

FRI

10:00 AM
INTERMEDIATE GI

11:00 AM
PRO TRAINING

5:15 PM
KIDS 5-7 NO GI
KIDS 7-13 NOGI

6:30 PM
INTERMEDIATE GI

SAT

10:00 AM
KIDS 3-7

10:00 AM - 11:00 PM
KIDS 7-13 GI

12:00 PM
INTERMEDIATE GI

1:00 PM
INTRO GI
OPEN MAT

*Kids 3-6 Class = 45 mins
*Intro, Intermediate, Kids 5-7 and Kids 7-13(MWF)
Classes = 1hr
*Kids 7-13 (T/Th) Classes = 1 hr 15 min
*Submission Wrestling, Pro Training
Open Mat and Advanced Classes = 1.5 hrs

INTRO

*NO EXPERIENCE REQUIRED
BLUE BELT & BELOW*

INTERMEDIATE

*3 MONTHS OF EXPERIENCE
OR INSTRUCTOR APPROVAL*

ADVANCED

*6 MONTHS EXPERIENCE
OR INSTRUCTOR APPROVAL*

PRO TRAINING

*INSTRUCTOR APPROVAL
PURPLE BELT & UP*

**CALL OR EMAIL TO
SCHEDULE A FREE TRIAL**

VALID ONLY FOR TRI-STATE RESIDENTS (NY, NJ & CT)

WWW.ESSENTIALBJJ.COM

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ESSENTIAL JIU JITSU + FITNESS
BY JT TORRES

INSPIRE & SHARE