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| Fit 2 Defend Academy YOUTH SCHEDULEYOUTH Class Schedule 2024 Class Color Key **HQ Location: Lake Bluff Youth Introduction classes (PURPLE)**  **1st class is FREE Youth Combative Blend classes (BLACK)**  **Youth Brazilian Jiu-Jitsu class (RED)**  **(847) 445-7247 Program ages for 6 – 15 yrs. old** | **EFFECTIVE AS OF: Tuesday, February 5th, 2024**  ***2024 CLASS SCHEDULE***  **\*Private/ Small Group classes are available A picture containing text, clipart  Description automatically generated** |
| Check out our website: [*www.fit-to-defend.com*](http://www.fit-to-defend.com) | Address: 419 W. Washington Ave. Unit A, Lake Bluff, IL. 60044 |

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|  | ***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.** |  |  |  |
|  |  |  |  |  | **10:00 – 11:00 am**  **All Level Youth F2D**  **Combative Blend Class** | **10:00-11:00 am**  **All Level Youth**  **Combative Blend Class** |  |
| **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)** | **11:00 am-11:40 am**  **Sparring class**  ***Intermediate Belts***  **& *Advance Belts*** |  |  |
| **5:30 – 6:30 pm** | **Sparring class**  ***Orange Belts & Above***  **5:30-6:15pm** | **Youth Brazilian**  **Jiu-Jitsu Class**  *Elite members* | **YOUTH COMBATIVE**  **F2D BLACK BELT CLASS** | **Youth Brazilian**  **Jiu-Jitsu Class**  *Elite members* | **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!”**