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| Fit 2 Defend AcademyAdult- Teens Class Schedule 2024 **Try a Free Class**  **(847) 445-7247**  **Email: f2dbjj@gmail.com**  **Check out our website: *www.fit-to-defend.com.***  *Schedule KEY:*  **Brazilian Jiu-Jitsu Classes = IN BLACK**  **Combative Blend Classes = IN RED** | *Lake Bluff Address:*419 W. Washington Ave. Unit A. Lake Bluff IL. 60044(Teens & Adult Jitsu Class Schedule) **EFFECTIVE AS OF: January 2nd, 2024**  *Schedule may change.*  **Programs for ages 15 yrs. old and older** |

**CALL US to Schedule Free Trial Class**

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|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday******Morning*** | ***Sunday******Morning*** |
|  |  |  |  |  |  | **8:00 -9:00 AM**  **Master**  **Brazilian Jiu-Jitsu class**  **(40 yrs. old & older)** | **9:00 -10:00 AM**  **All level**  **Brazilian Jiu-Jitsu** |
| **12:00-1:00 PM** | **All Level Brazilian Jiu-Jitsu** |  | **All Level Brazilian Jiu-Jitsu** |  | **Brazilian Jiu-Jitsu Open Drilling/Mat**  **Not a formal class** | **9:00 -10:00 AM**  **All Level**  **Brazilian Jiu-Jitsu** |  |
|  |  |  |  |  |  |  |  |
| **6:30 - 7:30 PM** | **All Level**  **Brazilian Jiu-Jitsu** | **All Level**  **Brazilian Jiu-Jitsu** | **All Level**  **Brazilian Jiu-Jitsu** | **All Level**  **Brazilian Jiu-Jitsu** |  |  |  |
| **7:30 – 8:30 PM** | **Combative Blend** | **Combative Blend** |  | **Combative Blend** |  |  |  |
| **7:30 – 8:30 PM** | **Open Mat Training**  ***Blue Mats*** | **Open Mat Training**  ***Blue Mats*** | **Open Mat Training**  ***Blue Mats*** | **Open Mat Training**  **Comp/Drilling**  **MAIN MAT** |  |  |  |

**“CREATING CHAMPIONS FOR THE GAME OF LIFE!”**