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|  Fit 2 Defend Academy  Adult- 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!”**