

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
7:30 am - 9:00 am Adults Fundamentals No-Gi	7:30 am - 9:00 am Adults Advanced Jiu Jitsu	7:30 am - 9:00 am Adults Fundamentals Jiu Jitsu	7:30 am - 9:00 am Adults Advanced Jiu Jitsu	7:30 am - 9:00 am Adults Jiu Jitsu	8:45 am - 9:30 am Kids (Age 8-12) Jiu Jitsu	
	<i>Private Instruction</i>		<i>Private Instruction</i>		9:45 am - 10:45 am Kids (Age 8-12) Int/Adv Jiu Jitsu	
12:00 pm - 1:30 pm Adults Fundamentals Jiu Jitsu	12:00 pm - 1:30 pm Adults No-Gi	12:00 pm - 1:30 pm Adults Fundamentals Jiu Jitsu	12:00 pm - 1:30 pm Adults No-Gi		11:00 am - 12:30pm Adults Jiu Jitsu	
	<i>Private Instruction</i>		<i>Private Instruction</i>			
4:30 pm - 5:15 pm Kids (Age 8-12) No Gi	4:30 pm - 5:15 pm Kids (Age 4-7) Jiu Jitsu	4:30 pm - 5:15 pm Kids (Age 8-12) Jiu Jitsu	4:30 pm - 5:15 pm Kids (Age 4-7) Jiu Jitsu	4:30 pm - 5:15 pm Kids Competition Jiu Jitsu		
5:15 pm - 6:15 pm Kids (Age 8-12) Int/Adv No Gi	5:30 pm - 6:30 pm Adults Fundamentals Jiu Jitsu	5:15 pm - 6:15 pm Kids (Age 8-12) Int/Adv Jiu Jitsu	5:30 pm - 6:30 pm Adults Fundamentals Jiu Jitsu	5:30 pm - 6:30 pm Women's Jiu Jitsu		
6:30 pm - 8:00 pm Adults Fundamentals No-Gi	6:30 pm - 8:00pm Adults Advanced Jiu Jitsu	6:30 pm - 8:00 pm Adults Fundamentals Jiu Jitsu	6:30 pm - 8:00 pm Adults Advanced Jiu Jitsu	6:30 pm - 8:00 pm Adults No-Gi		
8:30pm - 9:30 pm Adults Muay Thai		8:30pm - 9:30 pm Adults Muay Thai				
<p><i>Adults Fundamentals is open to all levels but focuses on Fundamental Techniques</i> <i>Kids Int/Adv and Kids Competition require Instructor Approval</i></p> <p>Vistor Pricing Drop In Fee: \$20 or Yelp Review Extended Visits: 1 Week \$75, 2 Weeks \$150 Gi Rental: \$20/day</p> <p>Holiday Schedule: No regular classes on Federal Holidays, check Instagram (@northparkbjj) for Holiday Open Mat & Alternate Class Schedule</p>						

