



# VITOR SHAOLIN BRAZILIAN JIU-JITSU

2507 Route 22 West Scotch Plains NJ 07076



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

ADULT ALL LEVELS 8:30 - 9:30 AM	BASIC LITTLE DRAGON NO-GI 4:15 - 5:00 PM	ADULT ALL LEVELS 8:30 - 9:30 AM	BASIC LITTLE DRAGON NO-GI 4:15 - 5:00 PM	ADULT ALL LEVELS 8:30 - 9:30 AM	BASIC LITTLE DRAGON & YOUTH 9:30 - 10:30 AM
LITTLE DRAGON 4:15 - 5:00 PM	YOUTH NO-GI 5:00 - 6:00 PM	WOMEN'S SELF DEFENSE 10:00 - 11:00 AM	YOUTH NO-GI 5:00 - 6:00 PM	LITTLE DRAGON 4:15 - 5:00 PM	ADULT ALL LEVELS 10:30 AM - 12:00 PM
YOUTH 5:00 - 6:00 PM	ADULT BEGINNERS 6:00 - 7:00 PM	LITTLE DRAGON 4:15 - 5:00 PM	ADULT BEGINNERS 6:00 - 7:00 PM	YOUTH 5:00 - 6:00 PM	
ADULT BEGINNERS 6:00 - 7:00 PM	ADULT ALL LEVELS 7:00 - 8:30 PM	YOUTH 5:00 - 6:00 PM	ADULT NO-GI 7:00 - 8:15 PM	ADULT ALL LEVELS 6:00 - 7:30 PM	
ADULT ALL LEVELS 7:00 - 8:30 PM		FIGHT FOUNDATIONS 6:00 - 7:00 PM			
		ADVANCED 7:00 - 8:30 PM			

**BASIC LITTLE DRAGON:** 4 - 7 YEARS-OLD **LITTLE DRAGON:** 5 - 7 YEARS-OLD **ADULT BEGINNERS:** WHITE BELTS ONLY **YOUTH:** 8 YEARS-OLD UP **ADVANCED:** BLUE BELT UP  
**FIGHT FOUNDATIONS:** ALL LEVELS, HELIO GRACIE ORIGINAL JIU JITSU CURRICULUM FOR SELF DEFENSE **ADULT NO GI:** PRE REQUIRED 2 STRIPES