

BRAZILIAN JIU JITSU (BJJ) CLASSES

- ENHANCE CONFIDENCE
- IMPROVE CONCENTRATION
- TEAM BUILDING & RESPECT
- LEARN SELF DEFENCE MOVES
- IMPROVE FITNESS & STRENGTH



NORTH SHIELDS

BJJ A MARTIAL ART BUILT AROUND LEVERAGE

WHEN TO TRAIN?

MONDAY TO SATURDAY
SUITABLE FOR 14 YEARS
AND ABOVE
SUITABLE FOR ALL

	MON	TUE	WED	THU	FRI	SAT
11:30 - 12:30PM						BEGINNER GI
12:30 - 1:30PM						ADVANCED GI
6:00 - 7:00PM	BEGINNER GI	BEGINNER NO GI	BEGINNER GI	BEGINNER NO GI	BEGINNER GI	
7:00 - 8:30PM	ADVANCED GI	ADVANCED NO GI	ADVANCED GI	ADVANCED NO GI	ADVANCED GI	

WHAT TO WEAR?

T-SHIRTS AND SHORTS / SWEAT PANTS
AVOID ANYTHING WITH EXTRA POCKETS, BELT LOOPS OR BAGGY FABRIC
YOU CAN WEAR A MARTIAL ARTS GI (PICTURED)

WHAT TO BRING?

BRING A BOTTLE OF WATER

REVIEW

"ABSOLUTELY BRILLIANT! REALLY ENJOYED MY FIRST COUPLE OF LESSONS. DEFINITELY WORTH A GO! FIVE STARS" LUKE



ONE WEEK FREE TRIAL

BRAZILIAN JIU-JITSU IS A GROUND FIGHTING ART THAT USES TECHNIQUE & LEVERAGE TO OVERCOME A LARGER, STRONGER OPPONENT