

- DNA BJJ CLASS TIMES -

Class Type	Tue	Wed	Thurs	Fri	Sat	Sun
DNA BJJ Adult Fundamentals All Levels Welcome	12:00-1:00		12:00-1:00		Private Classes	
DNA BJJ – Kids Ages 4-7	5:30-6:15		5:30-6:15			11:15-12:00
Wrestling (Kids & Teens) Ages 7+		6:00-7:00 No Gi			Ask DNA Staff To Set One Up Today	
DNA KIDS Ages 8-12	6:20-7:20	7:10-8:10 No Gi	6:20-7:20			Competition Class 12:05-1:05 Kids & Teens Ages 8+
BJJ Movements Everyone Welcome						1:15-2:15
DNA BJJ Teen & Adult Fundamentals All Levels Welcome	7:25-8:25	8:15-9:30	7:25-8:25		Family DAY 2 nd SAT Of The Month	2:20-3:20
DNA Kid's JUDO Ages 7-12				5:30-6:30		
DNA BJJ Rolling (Member's ONLY)	8:30-9:15		8:30-9:15			
DNA BJJ Teen & Adult Judo For BJJ				6:30-7:30		
DNA BJJ Teen & Adult No-Gi				7:30-8:30		

(Safety is #1) Class depends on child's age, height, weight, and learning ability and how safety they can do class. Some children may be asked to join a specific class and progress to another one once they learn the safe way to act and move when in class.

All classes are GI unless stated otherwise

416-988-6548

Please contact us to book your intro class.

Thank You - See You SOON! ☺

www.dnabjj.com