

# ESSENTIAL JIU JITSU

INTRO

*NO EXPERIENCE REQUIRED  
BLUE BELT & BELOW*

INTERMEDIATE

*3 MONTHS OF EXPERIENCE  
OR INSTRUCTOR APPROVAL*

ADVANCED

*6 MONTHS EXPERIENCE  
OR INSTRUCTOR APPROVAL*

PRO TRAINING

*INSTRUCTOR APPROVAL  
PURPLE BELT & UP*

**CALL OR EMAIL TO  
SCHEDULE A FREE TRIAL**

VALID ONLY FOR TRI-STATE RESIDENTS (NY, NJ & CT)

[WWW.ESSENTIALBJJ.COM](http://WWW.ESSENTIALBJJ.COM)

10 COUNTY CENTER RD. #G1 WHITE PLAINS, NY 10710

914-713-3909 [ROLL@ESSENTIALBJJ.COM](mailto:ROLL@ESSENTIALBJJ.COM)

MON

10:00 AM  
INTERMEDIATE GI

11:00 AM  
PRO TRAINING

5:15 PM  
KIDS 5-7 GI  
KIDS 7-13 GI

6:30 PM  
ADVANCED GI  
INTRO GI

THU

6:30 AM  
INTERMEDIATE GI

10:00 AM  
INTERMEDIATE GI

11:00 AM  
PRO TRAINING

4:15 PM  
KIDS 3-6 GI

5:00 PM  
KIDS ADV GI

5:15 PM  
KIDS 7-13 GI

6:30 PM  
ADVANCED GI  
INTRO GI

7:45 PM  
INTERMEDIATE GI

TUE

6:30 AM  
INTERMEDIATE GI  
10:00 AM  
INTERMEDIATE GI  
11:00 AM  
FREE PRO TRAINING

4:15 PM  
KIDS 3-6 GI

5:00 PM  
KIDS ADVANCED NO GI

5:15 PM  
KIDS 7-13 NOGI

6:30 PM  
ADVANCED NOGI  
INTRO GI

7:45 PM  
INTERMEDIATE GI

FRI

10:00 AM  
INTERMEDIATE GI

11:00 AM  
PRO TRAINING

5:00 PM  
KIDS ADV NOGI

5:15 PM  
KIDS 5-7 NO GI  
KIDS 7-13 NOGI

6:30 PM  
INTERMEDIATE GI

WED

6:30 AM  
INTERMEDIATE NOGI  
10:00 AM  
INTERMEDIATE NOGI

11:00 AM  
OPEN MAT

5:15 PM  
KIDS 5-7 GI  
KIDS 7-13 GI

6:30 PM  
SUBMISSION WRESTLING  
INTRO NOGI

SAT

10:00 AM  
KIDS 3-7

10:00 AM - 12:00 PM  
KIDS COMP

12:00 PM  
INTERMEDIATE GI

1:00 PM  
INTRO GI  
OPEN MAT



**ESSENTIAL JIU JITSU + FITNESS**  
**BY JT TORRES**

**INSPIRE & SHARE**