

ESSENTIAL JIU JITSU

MON

6:30 AM
INTERMEDIATE GI
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
7:45 PM
INTERMEDIATE GI DRILL

TUE

6:30 AM
INTERMEDIATE GI
10:00 AM
INTERMEDIATE GI
11:00 AM
FREE PRO TRAINING
4:15 PM
KIDS 5-7 GI
5:15 PM
KIDS 7-13 NOGI
6:30 PM
ADVANCED NOGI
INTRO NO GI
7:45 PM
INTERMEDIATE NO GI

WED

6:30 AM
INTERMEDIATE NOGI
10:00 AM
INTERMEDIATE NOGI
5:15 PM
KIDS 5-7 GI
KIDS 7-13 GI
6:30 PM
SUBMISSION WRESTLING
INTRO NOGI

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

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

914-713-3909 ROLL@ESSENTIALBJJ.COM

THU

6:30 AM
INTERMEDIATE GI
10:00 AM
INTERMEDIATE GI
11:00 AM
PRO TRAINING
4:15 PM
KIDS 3-6 GI
5:15 PM
KIDS 7-13 GI
6:30 PM
ADVANCED GI
INTRO GI
7:45 PM
INTERMEDIATE GI

FRI

10:00 AM
INTERMEDIATE GI
11:00 AM
PRO TRAINING
5:15 PM
KIDS 5-7 NO GI
KIDS 7-13 NOGI
6:30 PM
INTERMEDIATE GI

SAT

10:00 AM
KIDS 3-7
10:00 AM - 11:00 PM
KIDS 7-13 GI
12:00 PM
INTERMEDIATE GI
1:00 PM
INTRO GI
OPEN MAT

*Kids 3-6 Class = 45 mins
*Intro, Intermediate, Kid's 5-7 and Kid's 7-13(M/W/F)
Classes = 1hr

*Kids 7-13 (T/Th) Classes = 1 hr 15 min
*Submission Wrestling, Pro Training
Open Mat and Advanced Classes = 1.5 hrs



ESSENTIAL JIU JITSU + FITNESS
BY JT TORRES

INSPIRE & SHARE