

# 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

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  
ADV NOGI  
INTRO NOGI

7:45 PM  
INTERMEDIATE GI

THU

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

4:15 PM  
KIDS 3-6 GI

5:15 PM  
KIDS 7-13 GI

5:45 PM  
JUDO FOR JIU JITSU

6:30 PM  
ADVANCED GI  
6:45 PM  
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, Kids 5-7 and Kids 7-13(MWF)  
Classes = 1hr  
\*Kids 7-13 (T/Th) Classes = 1 hr 15 min  
\*Submission Wrestling, Pro Training  
Open Mat and Advanced Classes = 1.5 hrs

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)

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

**INSPIRE & SHARE**