

ESSENTIAL JIU JITSU

INTRO

*NO EXPERIENCE REQUIRED
BLUE BELT & BELOW*

INTERMEDIATE

*3 MONTHS OF EXPERIENCE
OR INSTRUCTOR APPROVAL*

ADVANCED

BLUE BELT & UP

PRO TRAINING

*INSTRUCTOR APPROVAL
BLUE 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 10607

914-713-3909 ROLL@ESSENTIALBJJ.COM

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

6:45 PM
INTRO GI

7:45 PM
INTERMEDIATE GI

THU

6:30 AM
INTERMEDIATE GI

9:30 AM
INTRO 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

5:15 PM
JUDO FOR JIU JITSU

6:30 PM
ADVANCED GI

6:45 PM
INTRO GI

7:45 PM
INTERMEDIATE GI

TUE

6:30 AM
INTERMEDIATE GI

9:30 AM
INTRO GI

10:00 AM
INTERMEDIATE GI

11:00 AM
FREE PRO TRAINING

4:15 PM
KIDS 3-6 GI

5:15 PM
KIDS 7-13 NO GI

6:30 PM
ADVANCED NO GI

6:45 PM
INTRO NO GI

7:45 PM
INTERMEDIATE NO GI

FRI

10:00 AM
INTERMEDIATE GI

11:00 AM
PRO TRAINING

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

6:30 PM
INTERMEDIATE GI

WED

6:30 AM
INTERMEDIATE NO GI

10:00 AM
INTERMEDIATE NO GI

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

6:30 PM
ADV NO GI

6:45 PM
INTRO NO GI

7:45 PM
INTERMEDIATE GI

SAT

10:00 AM
KIDS 3-7

10:00 AM
KIDS 7-13 GI

12:00 PM
INTERMEDIATE GI

1:00 PM
INTRO GI
OPEN MAT



ESSENTIAL JIU JITSU + FITNESS
BY JT TORRES

INSPIRE & SHARE