



NEW & EXPANDED Brazilian Jiu-Jitsu Schedule



Instructor: Ailson "Professor Jucao" Brites

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30 a.m.		6:30 a.m.		
		8:30 a.m. - Private		10:30 a.m. - Private		
11:30 a.m.		11:30 a.m.		11:30 a.m.		
					12 p.m. – Kids*	
					1 p.m.	
2 p.m.		2 p.m.				
	4 p.m. - Kids		4 p.m. - Kids			
	5 p.m.		5 p.m.			
	6 p.m.		6 p.m.			
				7 p.m.		
				8 p.m.		
9 p.m.		9 p.m.				
10 p.m.		10 p.m.				

*Saturday, 12 p.m. – Makeup class as needed.

Classes other than Kids and Private are open to all current Brazilian Jiu-Jitsu members. No appointment is necessary. If you are not a current Brazilian Jiu-Jitsu client and would like to try a complimentary class, please contact James at jamesp@goldmedalfitness.com or call 908-233-7122.

Gold Medal Fitness • 457 North Ave., Garwood, NJ • 908-233-7122 • www.goldmedalfitness.com • welcome@goldmedalfitness.com

Effective: December 3, 2018