



UNIK SKILLS

TRAINING & CONSULTING

BRAZILIAN JIU JITSU ♦ MUAY THAI ♦ KRAV MAGA ♦ COMBATIVES

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Sep-Dec 2018.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|--|--|--------|
| PRIVATE/ GROUP Training | ADULT Brazilian Jiu-jitsu 11-1155 am | PRIVATE/ GROUP Training | ADULT Brazilian Jiu-jitsu 11-1155 am | ADULT (NO-GI) Grappling 11-1155 am | KID'S Brazilian Jiu-Jitsu (5-8 yrs) 9-945 am | CLOSED |
| PRIVATE/ GROUP Training | KRAV MAGA 12-1255 pm | PRIVATE/ GROUP Training | KRAV MAGA 12-1255 pm | Kickboxing 12-1255 pm | KID'S Brazilian Jiu-Jitsu (9-13 yrs) 945-1030 am | CLOSED |
| KID'S Brazilian Jiu-Jitsu (5-8 yrs) 545-645 pm | PRIVATE/ GROUP Training | KID'S Brazilian Jiu-Jitsu (9-13 yrs) 545-645 pm | PRIVATE/ GROUP Training | INTRO to KRAV MAGA 545-645 pm | ADULT Brazilian Jiu-jitsu 1030-1125am | CLOSED |
| KID'S Brazilian Jiu-Jitsu (9-13 yrs) 645-745 pm | WOMEN'S Self-Defense 730-825 pm | KID'S Brazilian Jiu-Jitsu (9-13 yrs) 645-745 pm | WOMEN'S Self-Defense 730-825 pm | INTRO to Brazilian Jiu-jitsu 645-745 pm | KRAV MAGA 1130-1225pm | CLOSED |
| ADULT Brazilian Jiu-jitsu 745-915pm | Kickboxing 830-925 pm | ADULT (NO-GI) Grappling 745-915 pm | Kickboxing 830-925 pm | OPEN MAT 745-9 pm | Kickboxing 1230-125 pm | CLOSED |

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