



Mayfield Academy of Self-Defense

Weekly Class Schedule **Minna-Jiu-Jitsu**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Kids</u> <u>5 - 11 yrs.</u> 6:00-6:50</p> <p><u>Adult, Teens 12 & Up</u> 7:00 -8:00</p>	<p><u>Kids</u> <u>5 - 11 yrs.</u> 6:00-6:50</p> <p><u>Adult, Teens 12 & Up</u> 7:00 -8:00</p>	<p><u>Kids</u> <u>5 - 11 yrs.</u> 6:00-6:50</p> <p><u>Adult, Teens 12 & Up</u> 7:00 -8:00</p>	<p><u>Kids</u> <u>5 - 11 yrs.</u> 6:00-6:50</p> <p><u>Adult, Teens 12 & Up</u> 7:00 -8:00</p>	<div style="border: 1px solid black; padding: 5px;"> <p><u>All Students:</u> Minna-Jiu-Jitsu Tournament Training Class <u>Ask for Details</u> 5:00 -6:00</p> </div>	<p><u>Kids</u> <u>5 - 11 yrs.</u> 11:00 -11:50</p>	<p><u>All Scheduled Testing will Start at Noon on Saturdays Unless special day and time are scheduled with Instructor</u></p>

Minna-Jiu-Jitsu: Stand up Self-Defense: Kicks, Punches, Throws, Joint locks,

Ask For a Copy of : (Minna-Jiu-Jitsu History)

Weapons and much , much more!!!