



Mayfield Academy of Self-Defense Weekly Class Schedule **Minna-Jiu-Jitsu**

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

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!!!