



2011



2012



310 Main Street (side entrance) (905) 878-1074

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					JR. White & Yellow 4 – 7 Yrs 10:00 – 11:00 AM	
	SR. Green Belt & Up 5:00 – 6:00 PM				JR. White – Orange 7 – 10 Yrs 11:15 – 12:15 PM	
JR. Yellow & Orange 7 – 10 Yrs 5:30 – 6:30 PM	JR. White Belt 7 Yrs & Over 6:00 – 7:00 PM	JR. White & Yellow 4 – 7 Yrs 5:30 – 6:30 PM	JR. Yellow & Orange 10 Yrs & Over 5:30 – 6:30 PM		JR. White – Orange 10 Yrs & Over 12:30 – 1:30 PM	
JR. Green Belt & Up 6:30 – 7:30 PM	ADULT JIU JITSU Beginner 7:00 – 8:30 PM	JR. Green Belt & Up 6:30 – 7:30 PM	SR. Green Belt & Up 6:30 – 7:30 PM		ADULT OPEN TRAINING 1:30 – 3:30 PM	
		ADULT Sport/Fighting 7:30 – 9:00 PM	ADULT ADVANCED JIU JITSU 7:30 – 9:00 PM			

Website: <http://www.miltonjiu-jitsu.ca/>

Email: [milton.jj@cogeco.ca](mailto:milton.jj@cogeco.ca)