

603BJJ BRAZILIAN JIU-JITSU ACADEMY

ANTHONY SHERIDAN 2ND DEGREE BLACK BELT

FIRST 2 WEEKS FREE!

CLASS TIMES FOR MEN, WOMEN AND KIDS AGES 13 AND UP

Monday 6:00pm BJJ All Levels / Self Defense
7:00pm Open Mat

Tuesday 6:00pm No-Gi/ MMA (Striking-Takedowns-Grappling)
7:00pm Open Mat

Wednesday 6:00pm BJJ Basics/ Self Defense
7:00pm Open Mat

Thursday 6:00pm No-Gi/MMA (Striking-Takedowns-Grappling)
7:00pm Open Mat

Friday 6:00pm Open Mat

Saturday 10:00am KIDSClass forAges 7-14
11:00am BJJ All Levels / Self Defense
12 noon Open Mat

Sunday 11:00am BJJ Basics / Self Defense
12 noon Open Mat

Private Lessonsavailable Monday-Friday 9am-5pm by appointment

Call or text Anthony at 603-477-6975

email Anthony_bjjusa@yahoo.com

www.603BJJ.com