



Brazilian Jiu-Jitsu

Fundamentals Program
Instructor – Nic Cartwright

Learn self-defense, gain confidence and discipline,
get fit, challenge yourself, and have fun



Kids: 10 years & older
Tuesdays & Fridays
17:30 – 18:30
\$60 / month



Adults:
Tuesdays & Fridays
18:30 – 20:00
\$80 / month



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