

BERMUDA SMALL CIRCLE JUJITSU AND FITNESS KICKBOXING ACADEMY - SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am - 6:45 am	Fitness Kickboxing		Fitness Kickboxing		Fitness Kickboxing	
10:00 am - 10:30 am						UBC Resistance Bands
10:30 am - 11:15 am						Fitness Kickboxing
12:00 pm - 12:45 pm						Youth Jujitsu Lil Snappin Turtles
12:30 pm - 1:00 pm	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
1:00 pm - 2:45 pm						Youth Jujitsu Blazin Barracudas
3:45 pm - 4:20 pm	Youth Jujitsu Lil Snappin Turtles	Youth Jujitsu Lil Snappin Turtles	Lil Snappin Turtles Black Belt Club	Youth Jujitsu Lil Snappin Turtles		
4:30 pm - 5:15 pm	Youth Jujitsu Blazin Barracudas	Youth Jujitsu Blazin Barracudas	Blazin Barracudas Black Belt Club	Youth Jujitsu Blazin Barracudas		
5:30 pm - 6:15 pm		Fitness Kickboxing		Fitness Kickboxing		
5:30 pm - 6:00 pm	UBC Resistance Bands		UBC Resistance Bands			
6:00 pm - 6:45 pm	Fitness Kickboxing		Fitness Kickboxing			
6:30 pm - 7:30 pm		Adult Jujitsu		Adult Jujitsu		

Birthday
Parties
Available



Small Circle Jujitsu / Grappling
Fitness Kickboxing
UBC Program



Old Berkeley Plaza
23 Berkeley Hill Road
Pembroke HM 09
441-292-9234
www.islandjujitsu.com