



VIRGINIA BEACH TIDEWATER JIU-JITSU ACADEMY

(757) 237-4725 • WWW.TIDEWATERBJJ.COM



| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---|---|---|--|---|--|
| OPEN MAT/ SKILL WORK 10AM-1PM | FUNDAMENTALS (GI) 7AM -8AM | ADVANCED (GI) 7AM -8AM | FUNDAMENTALS (GI) 7AM -8AM | ADVANCED (GI) 7AM -8AM | FUNDAMENTALS (NO GI) 7AM -8AM | AVAILABLE FOR PRIVATE LESSONS 9AM-10AM |
| AVAILABLE FOR PRIVATE LESSONS 2PM-8:30PM | AVAILABLE FOR PRIVATE LESSONS 9AM-4PM | AVAILABLE FOR PRIVATE LESSONS 9AM-4PM | MID DAY MAT 12PM-1:30PM (GI 1ST & 3RD WED NO GI 2ND & 4TH WED) | AVAILABLE FOR PRIVATE LESSONS 9AM-4PM | AVAILABLE FOR PRIVATE LESSONS 9AM-4PM | KICKBOXING 10:30AM -12PM |
| ASK US ABOUT SPECIAL EVENTS | KIDS BJJ 5PM-6PM | KICKBOXING 12PM-1PM | KIDS BJJ 5PM-6PM | KICKBOXING 12PM-1PM | KIDS BJJ 5PM-6PM | OPEN MAT/ SKILL WORK 12PM-2PM |
| | FUNDAMENTALS (GI) 6PM-7PM | KIDS BJJ 5PM-6PM | FUNDAMENTALS (NO GI) 6PM-7PM | KICKBOXING (KIDS) 5PM-6PM | FUNDAMENTALS (NO GI) 6PM-7PM | ADVANCED KIDS BJJ 2PM-4PM |
| 2 WEEK FREE TRIAL | ADVANCED (GI) 7PM-8:30PM | FUNDAMENTALS (GI) 6PM-7PM | ADVANCED (NO GI) 7PM-8:30PM | KICKBOXING (ADULTS) 6PM-7:30PM | FRIDAY NIGHT FOOTLOCKS 7PM-??? | AVAILABLE FOR PRIVATE LESSONS 4PM-9PM |
| | | ADVANCED (GI) 7PM-8:30PM | PRIVATE LESSONS 9AM-11:30AM 2PM-4:30PM | AVAILABLE FOR PRIVATE LESSONS 7:30PM-9PM | | |

CLASSES FOR EVERY LEVEL, EVERY DAY • AGES 13+ WELCOME TO JOIN ADULT CLASSES • BEGINNERS WELCOME TO JOIN FUNDAMENTAL CLASSES.

FUNDAMENTALS BJJ ▶ Provides a solid foundation of Brazilian Jiu Jitsu technique and principles. Each class incorporates flow drills designed to help students internalize the fluid body mechanics behind the concepts they are learning. Teens 13-18 are welcome.

ADVANCED BJJ ▶ A more in-depth look at the principles and techniques that define Brazilian Jiu Jitsu with deep sequences of techniques and body awareness training. Situational attacks, transitions, escapes and strategies are explored, in addition to a strong emphasis on instinctual applications through live sparring.

OPEN MAT / SKILL WORK ▶ Free-range class allows hobbyists and competitors alike to engage in sparring, drilling, or technique refinements with our instructors. Open to all ages and skill levels.

FRIDAY NIGHT FOOTLOCKS ▶ Advanced No-Gi Class with heavy focus on lower body attaches such as straight ankle locks, kneebars and heel hooks. At least 2 years experience required. 7PM -???

MID DAY MAT ▶ This class is for the professional on their lunch break or the hardcore looking for as much mat time as possible. The class will be taught in the Gi on the first and third Wednesday of the month and No-Gi on the second and fourth Wednesday.

KIDS BJJ ▶ Kids BJJ allows children, 5-12 years of age, to practice Jiu-Jitsu while forging discipline in a structured environment. We incorporate drills, competition tactics and live sparring while building technique and confidence.

KICKBOXING ▶ Explore this practical striking Martial Art that emphasizes techniques from Muay Thai, Western Boxing, and Japanese Kickboxing. Build your Kickboxing foundation and sharpen your stand-up game. This training modality focuses on punches, kicks, knees, elbows, clinch work, defense and counter techniques.