

NEW GJJ SCHEDULE FOR PLEASANTON STARTS SEPTEMBER 12TH

MAT 2 TIMES	MON	TUES	WED	THURS	FRI	SAT
10:00am - 10:30am						Kids GJJ
10:30am - 11:15am						YOUTH GJJ ALL LEVELS & FAMILY CLASS
4:00pm - 4:45pm		Youth GJJ Intermediate		Youth GJJ Fundamentals		
5:00pm - 5:45pm		Youth GJJ Fundamentals		Youth GJJ Intermediate		
6:00pm - 6:45pm						
7:00pm - 7:45pm						

Kids Classes at Guerrilla Jiu-Jitsu Headquarters require a GI uniform. See staff for uniform policy.

All classes begin with a short warm up. Classes are offered for multiple levels.

Youth GJJ Fundamentals (Ages 5 - 12): Exploring the fundamentals of Jiu-Jitsu for kids ages 5 - 12

Youth GJJ Intermediate (Ages 5 - 12): A more advanced approach to Jiu-Jitsu principles, methods, and technique for kids ages 5-12. This includes strategies for BJJ competition. Intermediate level students can also attend Fundamentals class times.

Kids GJJ (Ages 3-5): These classes focusing on coordinating your child's body and mind to accept the fundamentals of Jiu-Jitsu training, learning, and execution. This class will prepare your child for the Youth GJJ Fundamentals program.

Judo Kids (Ages 5 - 12): Learn how to fall, throw, and grip fight with the Judo Kids program. This class prepares your child for the fundamentals and intermediate technique and training methods in the Olympic art of Judo.