



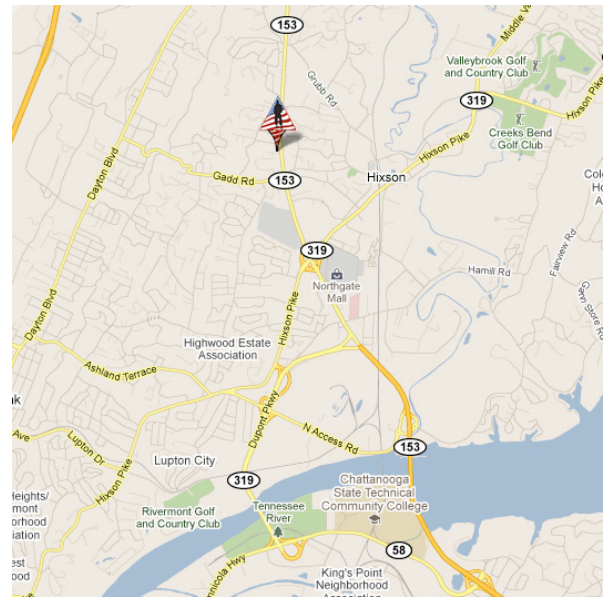
CHATTANOOGA JIU-JITSU ACADEMY

3901 Hixson Pike (formerly Blockbuster Video)

Hixson, TN 37343

423-874-0222

www.chattanoogajiujitsu.com



Chattanooga Jiu-Jitsu Academy Class Schedule – Updated May 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 am						GJJ JUNIORS (8-13 yrs)
11:00 – 12:30 pm	Gracie Combatives	MASTER CYCLE (Blue Belt s +)	Gracie Combatives	MASTER CYCLE (Blue Belt s +)		Gracie Combatives No-Gi / Fight Simulation
12:00 – 1:00 pm						
4:30 – 5:15 pm	LITTLE CHAMPS (5-7 yrs)	3-4 YEAR OLDS	LITTLE CHAMPS (5-7 yrs)	3-4 YEAR OLDS		
5:15 - 6:00 pm	GJJ JUNIORS (8-13 yrs)	5:00 -6:00PM ADVANCED KIDS	GJJ JUNIORS (8-13 yrs)	5:00 -6:00PM ADVANCED KIDS		
6:00 – 7:30 pm	MASTER CYCLE (Blue Belt s +)	Gracie Combatives	MASTER CYCLE (Blue Belt s +)	Gracie Combatives		
7:30 – 9:00pm	Gracie Combatives	MASTER CYCLE (Blue Belt s +)	Gracie Combatives	MASTER CYCLE (Blue Belt s +)		

Established in 2002 the Chattanooga Jiu-Jitsu Academy is Chattanooga's premier self-defense martial arts academy exclusively dedicated to the teaching of Gracie Brazilian Jiu Jitsu technique and philosophy as developed by its founder the late Grand Master Helio Gracie. We believe that this system of jiu jitsu is an incredible means of developing self-defense, physical fitness, and a multitude of positive life style benefits.

Our Mission

To teach the most proven and practical martial arts in the world in a positive, friendly, high energy, family environment. We want each and every student to be able to defend themselves in a real world attack regardless of size, strength, age or athletic ability. While many martial arts are developed for sportive competition we recognize that in a real fight there are no referees, no points, no time limits and no weight divisions.

The Academy

The Chattanooga Jiu-Jitsu Academy located in Hixson TN boasts a brand new 5000 square foot facility. The academy is run daily by true black belt experts and a professional staff. We pride ourselves on having a super clean training environment and therefore clean and disinfect the entire school daily. The Chattanooga Jiu-Jitsu Academy has a diverse range of students from business professionals to competitive Mixed Martial Arts fighters.