

KIOTOBJJ SAYVILLE / SCHEDULE – KIOTOBJJ.COM

	MON	TUE	WED	THU	FRI	SAT	SUN
BJJ		7:30 BJJ		7:30 BJJ			8:00 OPEN MAT
FITNESS	9:00 FITNESS KICKBOXING	9:30 <i>HIP HOP</i>	9:00 FITNESS KICKBOXING	9:00 FITNESS KICKBOXING	9:00 FITNESS KICKBOXING	9:00 FITNESS KICKBOXING	9:00 CARD CONDIT
BJJ	10:00		10:00		10:00 NO GI	BULLY SAFE KIDS 10:00	
	11:00 BJJ INSTRUCTOR	11:00 BJJ OPEN MAT	11:00 BJJ INSTRUCTOR			11:00 COMPETITION	
BJJ	12:00	12:15 COMBAT FITS	12:00	12:15 COMBAT FITS	12:00 NO GI	12:00 BJJ	
FITNESS KICKBOXING	1:15 FITNESS KICKBOXING	LITTLE LITTLE BJJ 4:30 (3 yrs)	1:15 FITNESS KICKBOXING	LITTLE LITTLE BJJ 4:30 (3 yrs)	1:15 COMBAT FITNESS		
LITTLE KIDS	4:30 (4-6 yrs)	6:00 (4-6 yrs)	4:30 (4-6 yrs)	6:00 (4-6 yrs)			
Kids	5:30 (7-12yrs)	5:00 (7-12yrs)	5:30 (7-12yrs)	5:00 (7-12yrs)	5:00 <i>HIP HOP</i>		
FITNESS KICKBOXING	6:30 to 7:15pm	7:00 BJJ Fundamentals	6:30 to 7:15pm	7:00 BJJ Fundamentals	6:00pm All levels		
BJJ Begginers Adult & Teens	7:15	8:00 All levels	7:15	8:00 All levels			
BJJ INT/ ADV	8:15		8:15				

*There will be NO Kids Classes when the schools are closed for holidays or weather and also the day after Championships

Prof Milton 631-255-7211 – Instructors: Melissa 631-827-8071 - Diogo 631-278-1777 – Joe Lutrario

(BJJ) BRAZILIAN JIU JITSU – KIDS CLASSES - FITNESS KICKBOXING - HIP HOP – SELF DEFENSE

COMBAT FITNESS - BULLY SAFE –RAPE PREVENTION – CARDIO CONDITION