



OPTIMA

JIU-JITSU

Mon	Tue	wed	Thu	Fri	Sat
	6AM COMING SOON		6AM COMING SOON		
10AM - 12PM PRIVATE LESSONS AVAILABLE					
12PM ALL LEVELS	12PM FUNDAMENTALS	12PM ALL LEVELS	12PM FUNDAMENTALS	12PM NO GI	9:30AM KIDS 5 - 8
4:30PM KIDS 5 - 8	4:30PM KIDS 9 & UP	4:30PM KIDS 5 - 8	4:30PM KIDS 9 & UP	4:30PM KIDS NO GI	10:30AM KIDS 9 & UP
5:30PM KIDS 9 & UP	5:30PM KIDS 5 - 8	5:30PM KIDS 9 & UP	5:30PM KIDS 5 - 8	6PM NO GI	11:30AM ALL LEVELS
6:30PM FUNDAMENTALS	6:30PM ALL LEVELS	6:30PM FUNDAMENTALS	6:30PM ALL LEVELS		

MORE CLASSES COMING SOON!

📞 604-834-7887

✉️ INFO@OPTIMAJIUJITSU.COM

🌐 WWW.OPTIMAJIUJITSU.COM