



Effective: Sept 30th, 2024

**United Jiu Jitsu**  
2055 White Bear Ave # 100  
Maplewood, MN 55109

**Owner/Head Coach**  
Professor Stan Riser  
imn.ujj@gmail.com

**Visit, Call or Text**  
(651) 300-7743  
www.ujjmn.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Class times may change. Please visit [ujjmn.com/schedule](http://ujjmn.com/schedule) for updates or Download the app at [ujjmn.com/download-app](http://ujjmn.com/download-app)

	5:15 - 5:40 pm <i>PUP's Class ***</i>		5:15 - 5:40 pm <i>PUP's Class ***</i>
5:45 - 6:10 pm <i>PUP's Class ***</i>	5:45 - 6:25 pm <i>Jr. BJJ Class</i>	5:45 - 6:10 pm <i>PUP's Class ***</i>	5:45 - 6:25 pm <i>Jr. BJJ Class</i>
6:15 - 6:55 pm <i>Jr. BJJ Class</i>	<i>Training Session</i>	6:15 - 6:55 pm <i>Jr. No Gi BJJ Class</i>	<i>Training Session</i>
<i>Training Session</i>	6:30 - 7:40 pm <i>Adult BJJ Tech</i> <i>Hub Development</i>	<i>Training Session</i>	6:30 - 7:40 pm <i>Adult BJJ Threads</i> <i>Thread Development</i>
7:00 - 7:40 pm <i>Defense Fundamentals *</i> <i>Junior &amp; Adult</i>	<i>Training Session</i>	7:00 - 7:40 pm <i>Sport BJJ Class **</i> <i>Junior &amp; Adult</i>	<i>Training Session</i>
7:45 - 8:45 pm <i>BJJ Fundamentals</i> <i>Basics development</i>	7:45 - 8:45pm <i>Muay Thai *</i> <i>Kickboxing</i>	7:45 - 8:45 pm <i>Adult No Gi BJJ *</i> <i>Roll/Training Session</i>	7:45 - 8:45 pm <i>TKD and Boxing *</i> <i>Kickboxing</i>

No Regular Classes Friday

No Regular Classes Sunday

[www.ujjmn.com/schedule](http://www.ujjmn.com/schedule)



Class Color Codes	Class Descriptions. For more information, please visit <a href="http://www.ujjmn.com/schedule">www.ujjmn.com/schedule</a> or use the QR code.
<i>BJJ - Brazilian Jiu-Jitsu</i>	Brazilian Jiu-Jitsu is our grappling class. Learn to use locks, holds, and leverage to defend yourself against larger opponents and while on the ground!
<i>Kickboxing</i>	Learn Muay Thai, Boxing and Taekwondo style strikes while hitting pads or safely challenging classmates in UJJ's Kickboxing classes!
<i>PUP's (3-6 yrs.) Class ***</i>	The Pre Under-belt Program (PUP) is appropriate for ages 3-6. Learn, play, work with others and improve listening skills!
<i>Defense Fundamentals</i>	Basic, practical and advanced martial arts styled empty hand and simple weaponed Self-Defenses in these classes!

\* Wear your appropriate favorite gear in class BJJ plans must own UJJ Gi

\*\* Some classes require safety equipment and permission or invitation

\*\*\* The PUP's Class requires parent present and potty trained PUPs

Call, text or email for small group lessons or a free Intro Class

Please bring your sandals. Wear them when not on the mats to keep mats clean