



# UNITED JIU JITSU

Self-Defense Goal Setting Focus Control Teamwork Fitness

Effective: October 23rd 2023

<b>United Jiu Jitsu</b> 2055 White Bear Ave # 100 Maplewood, MN 55109	<b>Owner/Head Coach</b> Professor Stan Riser imn.ujj@gmail.com	<b>Visit, Call or Text</b> (651) 300-7743 www.ujjmn.com
---	--	---

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

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 <b>PUP's Class ***</b>		5:15 - 5:40 pm <b>PUP's Class ***</b>	No Regular Classes Friday	10:00 - 11:00 am <b>Rebound Boot Workout High Five Fit ****</b>	No Regular Classes Sunday
5:45 - 6:10 pm <b>PUP's Class ***</b>		5:45 - 6:10 pm <b>PUP's Class ***</b>				
	5:45 - 6:25 pm <b>Jr. BJJ Class</b>		5:45 - 6:25 pm <b>Jr. BJJ Class</b>			
6:15 - 6:55 pm <b>Jr. BJJ Class</b>	<b>Roll/Training Session</b>	6:15 - 6:55 pm <b>Jr. Sport/Competiton BJJ **</b>	<b>Roll/Training Session</b>			
	6:30 - 7:40 pm <b>Adult BJJ Tech Hub Development</b>		6:30 - 7:40 pm <b>Adult BJJ Threads Thread Development</b>			
7:00 - 7:40 pm <b>Kickboxing Fundamentals Junior &amp; Adult</b>	<b>Roll/Training Session</b>	7:00 - 7:55 pm <b>Sport/Competiton BJJ ** Teens and Adults</b>	<b>Roll/Training Session</b>			
	7:45 - 8:45pm <b>Muay Thai Class* Kickboxing</b>		7:45 - 8:45 pm <b>Striking Tech &amp; Workout * Kickboxing</b>			
7:45 - 8:45 pm <b>BJJ Fundamentals Basics development</b>		8:00 - 8:45 pm <b>Adult No Gi BJJ * Roll/Training Session</b>				

[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.
<b>BJJ - Brazilian Jiu-Jitsu</b>	Brazilian Jiu-Jitsu is our grappling class. Learn to use locks, holds, and leverage to defend yourself against larger opponents!
<b>Kickboxing/Striking</b>	Learn Muay Thai, Boxing and Taekwondo style strikes while hitting pads or safely challenging classmates in UJJ's Kickboxing classes!
<b>PUP's (3-6 yrs) Class ***</b>	The Pre Under-belt Program (PUP) is appropriate for ages 3-6. Learn, play, work with others and improve listening skills!
<b>High Five Fit ****</b>	Bounce your way into the most fun and efficient workout you've ever experienced! (Information needed to rent boots register with weight and shoe size when booking the class)

* Option to wear 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	<b>High Five Fit ****</b> Please rent boots 24 hrs before Class	<b>Please bring your sandals.</b> Wear them when not on the mats to keep mats clean	<b>Outdoor Kickboxing</b> Please bring athletic shoes be prepared for sun and heat
--	---	--	---	--	--	---