



RODRIGO RESENDE ACADEMY
 469 South Avenue, Spruce Grove, AB T7X0G6
www.jujitsuedmonton.com

Age/ Belt Requirement:

ADULT FUNDAMENTALS: 15 AND UP
ADULT BJJ INTERMEDIATE/ADVANCED: 15 AND UP
ADULT JUDO INTERMEDIATE/ADVANCED: 15 AND UP
MUAY THAI : 10 years old and up
COMPETITION CLASS: by invitation of Head Instructor

YOUTH FUNDAMENTALS: 11-14
YOUTH BJJ INTERMEDIATE/ADVANCED: 11-14
YOUTH JUDO INTERMEDIATE/ADVANCED: 11-14
KIDS FUNDAMENTALS : 7-10
KIDS JUDO : 7-10 / Belt Level: White Yellow and up
KIDS BJJ : 7-10 / Belt Level: Grey White and up

YOUTH (AGES 11-14) & ADULT (AGES 15 AND UP) FUNDAMENTAL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CLASSES							
6:30 AM		FUNDAMENTALS		FUNDAMENTALS			
10:00 AM						FAMILY CLASS	
11:00 AM						FUNDAMENTALS	FUNDAMENTALS
12:00 NN	FUNDAMENTALS		FUNDAMENTALS		FUNDAMENTALS		
NIGHT CLASSES							
6:00 PM		FUNDAMENTALS		FUNDAMENTALS			
7:00 PM	FUNDAMENTALS		FUNDAMENTALS				

KIDS FUNDAMENTALS (AGES 7-10)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CLASSES							
10:00 AM						FAMILY CLASS	
11:00 AM						FUNDAMENTALS	FUNDAMENTALS
12:00 NN							
NIGHT CLASSES							
5:00 PM		FUNDAMENTALS		FUNDAMENTALS			
6:00 PM	FUNDAMENTALS		FUNDAMENTALS				

LITTLE GRAPPLERS FUNDAMENTAL CLASSES (AGES 4-6)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CLASSES							
10:30AM - 11:00AM						FAMILY CLASS	
NIGHT CLASSES							
5:00PM - 5:30PM							
5:30PM - 6:00PM	LITTLE GRAPPLERS	LITTLE GRAPPLERS	LITTLE GRAPPLERS	LITTLE GRAPPLERS			
6:00PM - 6:30PM		LITTLE GRAPPLERS		LITTLE GRAPPLERS			
6:30PM - 7:00PM	LITTLE GRAPPLERS		LITTLE GRAPPLERS				

YOUTH & ADULT MUAY THAI FUNDAMENTAL CLASSES (AGES 10 AND UP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CLASSES							
10:00 AM						FUNDAMENTALS	
11:00 AM							
NIGHT CLASSES							
7:00 PM	FUNDAMENTALS		FUNDAMENTALS				
8:00 PM							