



2021 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Gi All levels		Gi All levels		Gi All levels	
9-10:30AM						Gi All levels
12-1pm		No Gi All levels		Gi All levels		
5-5:45PM	Kids (5-11yo)		Kids (5-11yo)			
6-7PM	Women's Class All levels		Women's Class All levels		Gi Fundamentals	
7:15-8:15 PM	Gi Fundamentals		Gi Fundamentals			
7-8:30PM		No Gi All levels		Gi Intermediate/Advanced		

Fundamentals: Foundational Jiu Jitsu techniques

Intermediate/Advanced: White Belt 3+ stripes to Black Belt

4439 Redondo Beach Blvd, Lawndale, CA 90260

novaesjia@gmail.com

424-374-6872

Novaesjiujitsuacademy.com