

Pardee BJJ
134 May Road
Follansbee, WV

Classes we offer:

Adults/ Teens
Brazilian Jiu-Jitsu

Little Warriors
Brazilian Jiu-Jitsu
Ages 7-11yrs old

Little Arachnid's
5-6yrs old

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4pm-5pm	Little Warriors NoGI						
5pm/6pm						Little Arachnid's 5:30pm-6pm	
6pm/7pm						Little Warriors GI	
7pm-8pm					Teens/Adults NoGI 7:15pm-8:15pm	Teens/Adults GI	

Website:
www.andrewpardeebjj.com

Emails:
pardeebjjfollansbee@gmail.com

All updates will be posted on our
 Facebook page and website.

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am-10am		NoGI Intermediate	GI Advanced	GI Intermediate	GI Fundamentals		
Noon-1pm	GI Intermediate						
1pm-2pm	Women's Only GI						
5pm-6pm		NoGI Advanced	GI Competition Teens/Adults	GI Intermediate Teens/Adults	GI Fundamentals	NoGI Intermediate 5pm-6pm	
6pm-7pm		Little Warriors NoGI	Little Warriors GI	Little Warriors GI	Little Arachnids 6pm-6:30pm		

Fundamentals- White Belt- Blue Belt
 Intermediate- White Belt- Purple
 Advanced- Blue Belt- Black Belt
 Competition Class- 3 months experience & up

Little Warriors- 7yrs-13yrs old
 Little Arachnid's- 5yrs-6yrs old