


**ELEVATED** **STUDIOS**  
**Brazilian Jiu-Jitsu**

34 A Trolley Square, Wilmington, DE 19806

• [www.ElevatedStudiosMartialArts.com](http://www.ElevatedStudiosMartialArts.com)

• (302) 407-3229

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Youth 1</b> (4-7 year olds)		4:45 PM	5:45 PM	4:45 PM	5:45 PM	5:15 PM	9:00 AM
<b>Youth 2</b> (8-12 year olds)		5:45 PM	4:45 PM	5:45 PM	4:45 PM	5:15 PM	9:00 AM
<b>Adult Basics 101</b>		6:30 PM -gi	12:00 PM -gi	6:30 PM -gi	12:00 PM -gi		10:00 AM -gi
<b>Adult Mix-Level</b> (white-black belt)		7:30 PM -gi	6:30 PM -no gi	7:30 PM -gi	6:30 PM -no gi		11:00 PM -gi
<b>Open Mat</b>	10:00 AM -gi & no gi			6:00 AM -no gi		6:00 PM -no gi	