



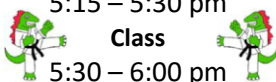




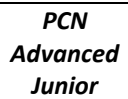


















THERIEN JIU-JITSU & KICKBOXING CLASS AND SCHEDULE – HULL

569, ST-JOSEPH BLVD. PHONE: (819) 663-5777

WWW.JIU-JITSU.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 kickboxing (novice) 12:00 – 12:45 pm		 kickboxing (novice) 12:00 – 12:45 pm		 Petits Dragons 9:30 – 10:00 am
 Orientation session Juniors 5:15 – 17:40 pm	 Little dragon Orientation session Class 5:15 – 5:30 pm 5:30 – 6:00 pm	 Orientation session Juniors 5:15 – 5:40 pm	 PCN Junior 5:45 – 6:30 pm		 Jiu-Jitsu Famille 10:15 – 11:00 am
 Jiu-Jitsu Junior 5:45 – 6:30 pm	 PCN Advanced Junior 6:00 – 6:45 pm	 Jiu-Jitsu Junior 5:45 – 6:30 pm	 PCN Advanced Junior 6:30 – 7h15 pm		 kickboxing (novice) 11:00 – 11:45 am
 Pro-Kick 6:30 – 7:45 pm	 PCN Junior 6 :45 – 7 :30 pm	 Pro-Kick 18h30 – 19h45	 Jiu-Jitsu Famille 19h15 – 20h00	Legend : Small dragons : 4 to 5 yd JJ Junior : white and yellow JJ Family : Adult / Junior White and yellow JJ Adults : all color belt PCN : orange to purple PCN Asvanded : blue and purple Master Club : Brown and black Kickboxing Novice : beginners Pro Kick : Kickboxing advanced	 Orientation session 11 :00 – 11 :30 am
 kickboxing (novice) 6:30 – 7:15 pm	 Orientation session Adults 7 :30 – 8 :00 pm	 kickboxing (novice) 6:30 – 7:15 pm	 Orientation session Adults 7 :30 pm		
 Jiu-Jitsu Adulte 7:45 – 8:30 pm	 kickboxing (novice) 8:00 – 8:45 pm	 Jiu-Jitsu Adulte 7:45 – 8:30 pm	 kickboxing (novice) 8:00 – 8:45 pm		
Participate in 2-3 classes per week and practice at home. Arrive 10-15 minutes before your class. Prepare yourself silently. Students must salute on entering and leaving the training room		Remove your boots when you get to school. Bring you coats with you to the spare room. Leave your valuables at home. Keep your uniform clean and in good condition		Parents and friends are not permitted in the training room, except with the permission of the Sensei. Please call if you can not participate in your class.	

LEADER IN MARTIAL ARTS, PHYSICAL PACKAGING AND PERSONAL DEVELOPMENT SINCE 1968