



BJJ WEEKLY CLASS SCHEDULE

• • • ADULTS • • •

MON

11:00 AM - 12:30 PM

BJJ Fundamentals

5:00 PM - 6:00 PM

TUE

5:30 PM - 7:00 PM

7:00 PM - 8:30 PM

WED

11:00 AM - 12:30 PM

BJJ Fundamentals

5:00 PM - 6:00 PM

THU

5:30 PM - 7:00 PM

7:00 PM - 8:30 PM

FRI

11:00 AM - 12:30 PM

SAT

Open Roll

9:00 AM - 10:00 AM

No Gi

11:00 AM - 12:30 PM

• • • KIDS • • •

MON & WED

6:00 PM - 7:00 PM

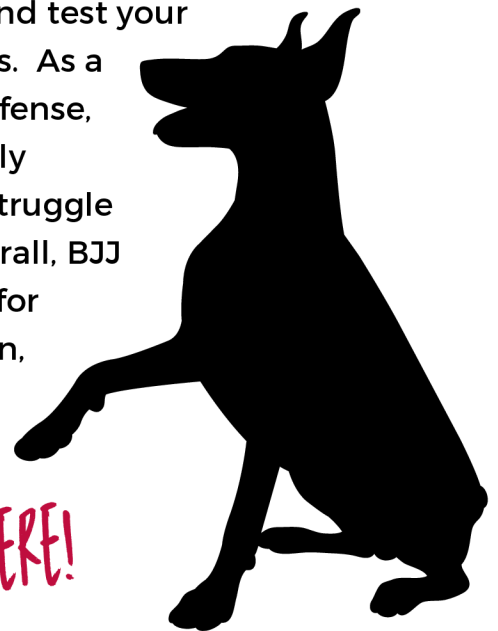
SAT

10:00 AM - 11:00 AM

At Pollaro's Martial Arts, we focus on practical training. Students are taught both self-perfection and self-preservation regardless of experience, age or physical ability.

Instructor Nick Pollaro holds the rank of Third Degree Black Belt in Brazilian Jiu-Jitsu. He is also certified as an instructor in both Jeet Kune Do and the Filipino Martial Arts.

Brazilian Jiu-Jitsu (BJJ) is a ground-based martial arts discipline that relies on technique and leverage rather than size and strength to defeat an opponent. BJJ emphasizes taking an opponent to the ground to achieve submission using methods such as chokes and joint locks. As a competitive sport, BJJ is an excellent way to build and test your grappling skills. As a form of self defense, BJJ is extremely effective in a struggle or a fight. Overall, BJJ is a great way for anyone to learn, have fun and get in shape!



SEE YOU THERE!

POLLARO'S

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