

# **TEEN CLASS AT FLO LIFE BJJ**

## **JIU-JITSU LESSONS FOR YOUTH AGES 12-16**



Looking for an engaging activity for your Colorado teen? Try the Martial Art of BJJ, Brazilian Jiu-Jitsu. Unlike any other activity, self defense is included in each lesson! Classes are catered to everything needed for today's teen to thrive on and off the mats. Students are surrounded by a supportive community of healthy, like minded individuals.

### **AREAS SERVED:**

Lakewood, Littleton, Golden, Wheat Ridge, Arvada, Denver, Highlands Ranch, Englewood

### **WHO:**

This class is specifically designed for teens ages 12-16.  
Have a younger child? Try our kids program for ages 4-12!  
Are you interested in receiving the benefits of Martial Arts yourself?  
We offer family friendly tuition rates!

### **WHAT:**

Holistic Martial Arts Lessons. Mental fortitude. Emotional Regulation. Incredible Physical exercise. Problem solving at it's finest.

### **WHEN:**

every Wednesday 6:00 pm - 7:00 pm

\*Teens 14+ are also invited to join in our adult classes offered 7 days per week!

### **WHERE:**

**FINDING LIMITLESS OPPORTUNITIES IN LIFE**

**FLO LIFE BJJ**

9191 W. Jewell Ave.  
Lakewood, CO 80232  
(720) 665.4035