

Schedule of Weekly Classes

CHILDREN'S CLASSES

Lil' Dragons & Parents (4-7 year olds and parent)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:00p		5:15-6:00p		1:00-2:00p	

Kids AboutFace Goshin Jujutsu (8-13 year olds)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00p		5:00-6:00p beginning			2:30-3:30p beg. / adv.	
		6:00-6:30p advanced				

Kids Relson Gracie Brazilian Jiu-Jitsu (8-13 year olds)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:30p		6:45-7:30p				

SPARRING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:30p Kids 8-13	7:00-7:30p Teen/Adult				2:00-2:30p Kids/Teen/Adult	

TEEN / ADULT CLASSES

T'ai Chi Ch'uan & Qigong (14+ years old)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00-11:00a		10:00-11:00a		10:00-11:00a	
	7:30-8:30p		7:30-8:30p			

Yi Ran Dao Kung Fu (14+ years old)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30-9:30p		7:30-9:30p		10:00-11:00a	

Goshin (Self-Defense) Jujutsu (14+ years old)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00p beginning		6:00-7:00p beginning			
			7:00-7:30p advanced			

Relson Gracie Brazilian Jiu-Jitsu (14+ years old)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-8:00p		6:45-8:00p				

Aikido & Aiki Jujutsu (14+ years old)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:30p		8:00-9:30p				

FAMILY CLASSES

Family Goshin Jujutsu (4-Adult) For parents and their kids to work out together.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:00p		5:15-6:00p		1:00-2:00p	



(888) 463-6179

On the Square in Twinsburg
9076 Church Street
Twinsburg, OH 44087
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The Silent Mind
Martial Arts & More

**Stop in! We're always
happy to see new faces!**

Owned and Operated by
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