

TEAM CARVALHO ACADEMY

Carvalho Judo & Brazilian Jiu-Jitsu Academy
85-99 Hazel Street, Paterson, NJ 07503
Phone (973)553-5365

Sensei Edson Carvalho 6th Degree Black Belt

PATERSON DOJO SCHEDULE

FREE TRIAL CLASS

PATERSON DOJO SCHEDULE

Paterson Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Judo & Brazilian Jiu-Jitsu	6:00 - 7:00 PM		6:00 - 7:00 PM			10:00 - 11:00 AM	
Teens/Adults Judo & Brazilian Jiu-Jitsu	7:15 - 8:30 PM	9:30 - 11:00 AM 6:00 - 7:30 PM		9:30 - 11:00 AM 6:00 - 7:30 PM		11:00 AM - 1:00 PM	
Teens/Adults Jiu-Jitsu (Gi/No Gi)	5:00 - 6:00 PM (No-Gi)		5:00 - 6:00 PM (Gi)	5:00 - 6:00 PM (No-Gi)			
MMA			7:15 - 8:30 PM MMA				
Judo Tachi Waza					6:30 - 7:30 PM		
Competition Training			8:00 - 9:00 PM				9:00 - 11:00 AM
Judo/BJJ/MMA Open Mat							9:00 - 11:00 AM
Kids Taekwondo		4:30 - 5:30 PM			4:30 - 5:30 PM starts mid January	2:00 - 3:00 PM	
Adults Taekwondo		7:45 - 9:00 PM			5:30 - 6:30 PM	2:00 - 3:00 PM	
Boxing	7:15 - 8:30 PM		7:15 - 8:30 PM	6:00 - 7:30 PM			
Diva Body Fitness (For Ladies Only)	9:30 - 10:30 AM		9:30 - 10:30 AM		9:30 - 10:30 AM		Appointment Only
Core Plus	5:00 - 6:00 PM		5:00 - 6:00 PM		5:00 - 6:00 PM		
Core Conditioning	6:15 - 7:00 PM		6:15 - 7:00 PM				

Visit us at teamcarvalho.com or call (973)553-5365

TEAM CARVALHO ACADEMY

505 Route 10, Randolph, NJ 07869
(973)553-5365

RANDOLPH DOJO SCHEDULE

FREE TRIAL CLASS

RANDOLPH DOJO SCHEDULE

Randolph Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Judo & Brazilian Jiu-Jitsu	6:00 - 7:00 PM	6:00 - 7:00 PM		6:00 - 7:00 PM			
Teens/Adults Judo & Brazilian Jiu-Jitsu	7:15 - 8:30 PM	7:15 - 8:30 PM		7:15 - 8:30 PM			
Teens/Adults Jiu-Jitsu/MMA No-Gi			7:15-8:30 PM				

FREE Trial Class. Call us at (973)553-5365 or stop by and visit us.

Website WWW.TEAMCARVALHO.COM