JIU JITSU

SATURDAYS
11AM-12PM

$25/MONTH

- Increase physical fitness
- Problem-solving ability
- Self-knowledge of one’s body and mind
- Social benefits of working within a large group of like minded students as you learn and have fun.

“Achieving gender equity through a continuous commitment to girls and women in sports”

The City of Los Angeles, Department of Recreation and Parks does not discriminate on the basis of disability and upon request, will provide reasonable accommodations to ensure equal access to all its programs, services and activities.

All classes and programs in this brochure may be subject to change or cancellation.