BRAZILIAN JIU-JITSU ACADEMY @SUKHUMVIT 22



WE ARE OPEN!

OPEN TO ALL AGES AND LEVELS

JOIN OUR ACADEMY IF YOU WANT TO IMPROVE ON

SELF DEFENCE
01

Learn practical and effective techniques to protect yourself in real-life situations. Our instructors will teach you how to anticipate, prevent, and respond to various types of threats confidently and safely.

DISCIPLINE & FOCUS
02

Jiu-Jitsu training cultivates mental strength. Through disciplined practice, you'll enhance your concentration, patience, and perseverance skills that are invaluable both on and off the mat.

PHYSICAL
03

Engage in dynamic workouts that improve your strength, flexibility, endurance, and overall fitness. Our classes offer a full-body regimen that promotes a healthy and active lifestyle.

SELF-CONFIDENCE
04

As you master new techniques and overcome challenges, you'll build self-esteem and confidence. This newfound assurance will empower you in all areas of life, helping you tackle obstacles with a positive mindset.

FOR MORE INFORMATION CONTACT US AT

BJJACADEMY.BKK | BJJACADEMY.BKK | @BJJACADEMY.BKK | 066-153-5300

INFO@BRAZILIANJIUJITSUBKK.COM | BRAZILIANJIUJITSUBKK.COM



CLASS TIMES

(Group/All Levels) 9:00 No-Gi

(Group/All Levels) 10:00 Jiu-Jitsu

(Group/ All Levels) 15:00 No-Gi

(Group/ All Levels) 16:00 Jiu-jitsu

(Group/ All Levels) 18:00 No Gi

(Group/ All Levels) 19:00 Jiu-Jitsu

PRICE FOR ALL GROUP CLASSES

FREE TRIAL FOR THE FIRST CLASS

500 THB	1,500 THB	4,000 THB	36,000 THB
DAY PASS	WEEKLY PASS	MONTHLY MEMBERSHIP	ANNUAL MEMBERSHIP

FOR PRIVATE LESSONS – PLEASE CONTACT US BY

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