



# Dunnellon BJJ, Kickboxing & Fitness

## Carvalho Judo & Brazilian Jiu-Jitsu Academy

20751 Powell Road, Dunnellon, FL 34431

Phone (352)204-7959



Sensei Edson Carvalho 8th Degree Brazilian Jiu-Jitsu Black Belt & 6th Degree Judo Black Belt

Welcome to Team Carvalho Academy

It is our mission to help you achieve whatever goals you may have. Whether you want to become a Brazilian Jiu-Jitsu or Judo champion, MMA fighter, or just want to get in great shape while learning a fun and effective martial art and how to defend yourself. We have successfully produced BJJ and Judo champions along with MMA champions and will discuss with you upon joining what your short and long term goals are.

Here at Team Carvalho we stress training both ground and standing. While it is a proven fact that most all fights go to the ground...they all start standing. Only learning ground techniques is only learning half of the fight. We stress throwing your opponent to transition to the ground.

Our academy environment is friendly and welcoming, however we train hard to develop mind, body, and spirit as the greatest fight is not against our opponent but within ourselves to continually push harder and outside of our boundaries.

At the end of the day...we are a family.

### FREE TRIAL CLASS

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
---------	--------	---------	-----------	----------	--------	----------	--------

### Judo and Brazilian Jiu-Jitsu

Kids Judo Ages 4-7	5:30 - 6:00 PM		5:30 - 6:00 PM		5:30 - 6:00 PM		
Juniors Judo/BJJ Intro Ages 8-12	6:00 - 7:00 PM		6:00 - 7:00 PM		6:00 - 7:00 PM		
Teens/ Adults Judo & Brazilian Jiu-Jitsu	7:00 - 8:30 PM		7:00 - 8:30 PM				
Teens/Adults No-Gi BJJ/MMA					7:00 - 8:30 PM		

### Muay Thai Kickboxing

Muay Thai Kickboxing		7:30 - 8:30 PM		7:30 - 8:30 PM			
----------------------	--	----------------	--	----------------	--	--	--

### Fitness Classes

Early Bird Fitness		6:30 - 7:30 AM		6:30 - 7:30 AM			
Carvalho Fitness	10:00 - 11:00 AM	10:00 - 11:00 AM	10:00 - 11:00 AM	10:00 - 11:00 AM			
Fitsmart	6:00 - 6:45 PM 6:45 - 7:30 PM	6:00 - 6:45 PM 6:45 - 7:30 PM	6:00 - 6:45 PM 6:45 - 7:30 PM	6:00 - 6:45 PM 6:45 - 7:30 PM	6:00 - 6:45 PM 6:45 - 7:30 PM		

Team Carvalho Academy, 20751 Powell Road, Dunnellon, FL 34431 (352)204-7959