

“Where Strangers Become Family”

603-777-2775

www.RenzoGracieNH.org



EXETER

34 Portsmouth Avenue

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|---|--|---|-------------------------------------|--|
| 6:30am | | | | Adult Jiu Jitsu 6:30am | | |
| 9:00am | Adult Jiu Jitsu 9:00am | | Adult Jiu Jitsu 9:00am | | Adult Jiu Jitsu 9:00am | |
| 9:30am | | | | | | Open Mat 9:30-11:30 Kids Jiu Jitsu 9:30-10:15 |
| 10:00am | Open Mat 10:00am | | Open Mat 10:00am | | Open Mat 10:00am | |
| 12:00pm | | | Adult Jiu Jitsu 12:00pm | | Adult Jiu Jitsu 12:00pm | |
| 4:00pm | | Kids Jiu Jitsu 4:00pm-4:45 | | Kids Jiu Jitsu 4:00pm-4:45 | | |
| 5:00pm | Kids Jiu Jitsu 5pm-5:45 | Kids Jiu Jitsu 5:00pm-5:45 | Kids Jiu Jitsu 5pm-5:45 | Kids Jiu Jitsu 5:00pm-5:45 | | |
| 6:00pm | Kids Jiu Jitsu 6-6:45 Cardio Kickbox 6-6:45 | Adult Jiu Jitsu 6-6:45 Kids Jiu Jitsu 6-6:45 | Kids Jiu Jitsu 6-6:45 Cardio kickbox 6-6:45 | Adult Jiu Jitsu 6-6:45 Kids Jiu Jitsu 6-6:45 | | |
| 7:00pm | Adult Jiu Jitsu 7:00pm Thai Kickbox 7-7:50 | Adult Jiu Jitsu 7:00pm | Adult Jiu Jitsu 7:00pm Thai Kickbox 7-7:50 | Adult Jiu Jitsu 7:00pm | Adult Jiu Jitsu Fundamentals 7:00pm | |
| 8:00pm | Open Mat 8:00pm Thai Kickbox 8-8:45 | Instructional Open Mat 8:00pm | Open Mat 8:00pm Thai Kickbox 8-8:45 | Instructional Open Mat 8:00pm | | |