

*"Where Strangers
Become Family"*

RENZO

Brazilian Jiu Jitsu



GRACIE

New Hampshire

20 Rockingham Rd
Windham, NH 03087
603-777-2577

WINDHAM, NH

www.RenzoGracieNH.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Adult BJJ 12:00-1:00pm	Adult BJJ 6:30-7:30am	Adult BJJ 12:00-1:00pm	Adult BJJ 6:30-7:30am	
Jiu Jitsu Open Mat 10:00-12:00pm	Adult BJJ 9:00-9:50am	Jiu Jitsu Open Mat 1:00-1:30pm	Adult BJJ 9:00-9:50am	Jiu Jitsu Open Mat 1:00-1:30pm		Kids BJJ 9:45-10:30am
	Kids BJJ Under 7 4:10-5:55	Kids BJJ Under 7 5:10-5:55pm	Kids BJJ Under 7 4:10-5:55pm	Kids BJJ Under 7 5:10-5:55pm		Adult Thai Kickboxing 10:00-10:45am
	Kids Adv. BJJ 5:10-5:55pm	Kids Kickboxing 5:30-6:15pm	Kids Adv. BJJ 5:10-5:55pm	Kids Kickboxing 5:30-6:15pm		Jiu Jitsu Open Mat 10:00-12:00pm
	BJJ Fundamentals 6:10-6:55pm	Kids BJJ 6:10-6:55pm	BJJ Fundamentals 6:10-6:55pm	Kids Adv. BJJ 6:10-6:55pm		
	Kids BJJ 6:10-6:55pm	Adult Thai Kickboxing 6:30-7:30pm	Kids BJJ 6:10-6:55pm	Adult Thai Kickboxing 6:30-7:30pm	Competition Training 6:00-7:00PM	
	Adult BJJ 7:00-8:00pm	Adult BJJ 7:00-8:00pm	Adult BJJ 7:00-8:00pm	Adult BJJ 7:00-8:00pm		
	Jiu Jitsu Open Mat 8:00pm	Jiu Jitsu Open Mat 8:00pm	Jiu Jitsu Open Mat 8:00pm	Jiu Jitsu Open Mat 8:00pm		

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Brazilian Jiu Jitsu

New Hampshire

34 Portsmouth Ave
Exeter, NH 03833
603-777-2577

Exeter, NH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Adult Jiu Jitsu 6:30-7:30 AM		
	Adult Jiu Jitsu 9:00-10:00 AM		Adult Jiu Jitsu 9:00-10:00 AM		Adult Jiu Jitsu 9:00-10:00 AM	Kids BJJ 9:30-10:15 AM
	Jiu Jitsu Open Mat 10:00AM	Kids BJJ 4:10-4:55 PM	Jiu Jitsu Open Mat 10:00AM	Kids BJJ 4:10-4:55 PM	Jiu Jitsu Open Mat 10:00AM	Jiu Jitsu Open Mat 9:30-11:30AM
	Kids BJJ 5:10-5:55 PM	Kids BJJ 5:10-4:55 PM	Kids BJJ 5:10-4:55 PM	Kids BJJ 5:10-4:55 PM		
	Kids BJJ 6:10-6:55 PM	Kids BJJ 6:00-6:45 PM	Kids BJJ 6:10-6:55 PM	Kids BJJ 6:00-6:45 PM		
	Cardio Kickboxing 6:10-6:55PM	Adult Jiu Jitsu 6:00-6:45PM	Cardio Kickboxing 6:10-6:55PM	Adult Jiu Jitsu 6:00-6:45PM		
	Adult Jiu Jitsu 7:00-8:00 PM	Adult Jiu Jitsu 7:00-8:00 PM	Adult Jiu Jitsu 7:00-8:00 PM	Adult Jiu Jitsu 7:00-8:00 PM	Adult Jiu Jitsu 7:00-8:00 PM	
	Thai Kickboxing 7:00-7:50 PM		Thai Kickboxing 7:00-7:50 PM			
	Jiu Jitsu Open Mat 8:00 PM	Jiu Jitsu Open Mat 8:00 PM	Jiu Jitsu Open Mat 8:00 PM	Jiu Jitsu Open Mat 8:00 PM		

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