



34 Portsmouth Ave
 Exeter, NH 03833
 603-777-2775

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00 – 10:00 a.m. Adult Jiu Jitsu	4:10 – 4:55 p.m. Kids BJJ	9:00 – 10:00 a.m. Adult Jiu Jitsu	6:30 – 7:30 a.m. Adult Jiu Jitsu	9:00 – 10:00 a.m. Adult Jiu Jitsu	9:30 – 11:30 a.m. Adult Jiu Jitsu
10:00 – 11:00 a.m. Jiu Jitsu Open Mat	5:10 – 5:55 p.m. Kids BJJ	10:00 – 11:00 a.m. Jiu Jitsu Open Mat	4:10 – 4:55 p.m. Kids BJJ	10:00 – 11:00 a.m. Jiu Jitsu Open Mat	9:30 – 10:15 a.m. Kids BJJ
5:10 – 5:55 p.m. Kids BJJ	6:10 – 6:55 p.m. Kids BJJ	5:10 – 5:55 p.m. Kids BJJ	5:10 – 5:55 p.m. Kids BJJ		
6:10 – 6:55 p.m. Kids BJJ	6:10 – 6:55 p.m. Adult Jiu Jitsu	6:10 – 6:55 p.m. Kids BJJ	6:10 – 6:55 p.m. Kids BJJ		
6:10 – 6:55 p.m. Cardio Kickboxing	7:00 – 8:00 p.m. Adult Jiu Jitsu	6:10 – 6:55 p.m. Cardio Kickboxing	6:10 – 6:55 p.m. Adult Jiu Jitsu		
7:00 – 7:50 p.m. Thai Kickboxing	8:00 – 9:00 p.m. Jiu Jitsu Open Mat	7:00 – 7:50 p.m. Thai Kickboxing	7:00 – 8:00 p.m. Adult Jiu Jitsu		
7:00 – 7:45 p.m. Adult Jiu Jitsu		7:00 – 7:45 p.m. Adult Jiu Jitsu	8:00 – 9:00 p.m. Jiu Jitsu Open Mat		
8:00 – 9:00 p.m. Jiu Jitsu Open Mat		8:00 – 9:00 p.m. Jiu Jitsu Open Mat			