



20 Rockingham Rd.
Windham, NH 03087
603-777-2775

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 a.m. – 12:00 p.m. Jiu Jitsu Open Mat	9:00 – 9:50 a.m. Adult BJJ	12:00 – 1:00 p.m. Adult BJJ	6:30 – 7:30 a.m. Adult BJJ	12:00 – 1:00 p.m. Adult BJJ	6:30 – 7:30 a.m. Adult BJJ	9:00 – 10:00 a.m. Coached Circuit Training Class
	10:10 – 11:00 a.m. Kids BJJ	1:00 – 1:30 p.m. Jiu Jitsu Open Mat	9:00 – 9:50 a.m. Adult BJJ	1:00 – 1:30 p.m. Jiu Jitsu Open Mat	10:10 – 11:00 a.m. Kids BJJ	9:45 – 10:30 a.m. Kids BJJ
	4:00 – 5:00 p.m. Coached Circuit Training Class	5:00 – 6:00 p.m. Coached Circuit Training Class	10:10 – 11:00 a.m. Kids BJJ	5:00 – 6:00 p.m. Coached Circuit Training Class	6:00 – 7:00 p.m. Competition Training	10:00 a.m. – 12:00 p.m. Jiu Jitsu Open Mat
	4:10 – 5:55 p.m. Kids BJJ Under 7	5:00 – 5:45 p.m. Kids Kickboxing	4:00 – 5:00 p.m. Coached Circuit Training Class	5:00 – 5:45 p.m. Kids Kickboxing	7:00 – 7:30 p.m. Jiu Jitsu Open Mat	10:00 – 10:45 a.m. Adult Thai Kickboxing
	5:10 – 5:55 p.m. Kids BJJ	5:10 – 5:55 p.m. Kids BJJ Under 7	4:10 – 5:55 p.m. Kids BJJ Under 7	5:10 – 5:55 p.m. Kids BJJ Under 7		11:00 a.m. – 12:00 p.m. MMA
	6:00 – 7:00 p.m. MMA	6:00 – 7:00 p.m. Adult Thai Kickboxing	5:10 – 5:55 p.m. Kids BJJ	6:00 – 7:00 p.m. Adult Thai Kickboxing		
	6:10 – 6:55 p.m. Kids BJJ	6:10 – 6:55 p.m. Kids BJJ	6:00 – 7:00 p.m. MMA	6:10 – 6:55 p.m. Kids BJJ		
	6:10 – 6:55 p.m. BJJ Fundamentals	7:00 – 8:00 p.m. No Gi BJJ	6:10 – 6:55 p.m. Kids BJJ	7:00 – 8:00 p.m. No Gi BJJ		
	7:00 – 8:00 p.m. Adult BJJ	7:00 – 8:00 p.m. Adult BJJ	6:10 – 6:55 p.m. BJJ Fundamentals	7:00 – 8:00 p.m. Adult BJJ		
	8:00 – 9:00 p.m. Jiu Jitsu Open Mat	8:00 – 9:00 p.m. Jiu Jitsu Open Mat	7:00 – 8:00 p.m. Adult BJJ	8:00 – 9:00 p.m. Jiu Jitsu Open Mat		
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