



WEYMOUTH, MA



293 LIBBEY INDUSTRIAL PARKWAY UNIT 200
WEYMOUTH, MA 02189 | (781) 556-1638

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|---|--|---|--|---|--|--|
| 6:00 am | | BJJ Gi All Levels 6:00 am - 6:45 am | | BJJ Gi All Levels 6:00 am - 6:45 am | | | |
| 7:00 am | | | | | | | |
| 8:00 am | | | | | | | |
| 9:00 am | | | | | | | |
| 10:00 am | | | | | | BJJ No Gi All Levels 9:00 am - 10:00 am | Family Open Mat 9:00 am - 10:00 am |
| 11:00 am | | BJJ Gi Drills & Grapple 10:00 am - 11:00 am | | BJJ Gi Drills & Grapple 10:00 am - 11:00 am | | BJJ Gi All Levels 10:00 am - 11:00 am | |
| 12:00 pm | | | | | | | |
| 1:00 pm | BJJ Gi All Levels 12:00 pm - 1:15 pm | BJJ Gi All Levels 12:00 pm - 1:15 pm | BJJ Gi All Levels 12:00 pm - 1:15 pm | BJJ Gi All Levels 12:00 pm - 1:15 pm | BJJ No Gi All Levels 12:00 pm - 1:15 pm | | |
| 2:00 pm | | | | | | | |
| 3:00 pm | | | | | | | |
| 4:00 pm | | | | | | | |
| 5:00 pm | BJJ Gi All Levels 4:00 pm - 5:00 pm | | BJJ Gi All Levels 4:00 pm - 5:00 pm | | | | |
| 6:00 pm | BJJ Gi Kids 5:00 pm - 5:45 pm | BJJ Gi Teens 5:00 pm - 6:00 pm | BJJ Gi Kids 5:00 pm - 5:45 pm | BJJ Gi Teens 5:00 pm - 6:00 pm | BJJ Gi Teens 5:00 pm - 5:45 pm | BJJ Gi Kids 5:00 pm - 5:45 pm | BJJ Gi Teens 5:00 pm - 6:00 pm |
| 7:00 pm | BJJ Gi Fundamentals 6:15 pm - 7:15 pm | BJJ Gi Drill for Skill / BJJ Women's Class 6:00 pm - 7:00 pm | BJJ Gi Fundamentals 6:15 pm - 7:15 pm | BJJ Gi Drill for Skill 6:00 pm - 7:00 pm | | Open Mat Gi All Levels 6:15 pm - 7:15 pm | |
| 8:00 pm | BJJ Gi All Levels 7:15 pm - 8:15 pm | BJJ Gi Advanced Blue Belts and above 7:00 pm - 8:00 pm | BJJ No Gi 7:15 pm - 8:15 pm | BJJ Gi Advanced Blue Belts and above 7:00 pm - 8:00 pm | | | |
| 9:00 pm | | | | | | | |

* NOTE: PRIVATE CLASSES ARE AVAILABLE BY APPOINTMENT