



# MARSHFIELD/PEMBROKE, MA



295 OLD OAK ST.  
PEMBROKE MA 02359 | (781)556-1638

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am						BJJ No Gi 9:30 am - 10:30 am	
11:00 am	BJJ GI All Levels 10:00 am - 11:00 am		BJJ GI All Levels 10:00 am - 11:00 am			BJJ GI Kids/Teens 10:30 am - 11:15 am	
12:00 pm						BJJ GI All Levels 11:15 am - 12:30 pm	
1:00 pm		BJJ Adult All Levels 12:00 am - 1:15 pm		BJJ Adult All Levels 12:00 am - 1:15 pm	BJJ GI All Levels Adults 12:00 am - 1:15 pm		
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm	BJJ GI Drill 4 Skill & Grapple Adults All Levels 6:00 pm - 7:15 pm	BJJ GI Fundamentals 6:00 pm - 7:15 pm	BJJ Women's Class 6:00 pm - 7:00 pm	BJJ GI Fundamentals 6:00 pm - 7:15 pm			
8:00 pm		BJJ No GI 7:15 pm - 8:15 pm	BJJ GI All Levels 7:00 pm - 8:00 pm	BJJ GI All Levels 7:15 pm - 8:15 pm			
9:00 pm							

\* NOTE: PRIVATE CLASSES ARE AVAILABLE BY APPOINTMENT