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 Adults All Levels 6 am - 6:45 am	BJJ GI All Levels 6:00 am - 6:45 am			
7:00 am							
8:00 am							
9:00 am			Free BJJ Class for Law Enforcement 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
10:00 am		BJJ GI Drills & Grapple 10:00 am - 11:15 am		BJJ GI Drills & Grapple 10:00 am - 11:00 am		BJJ GI All Levels 10:00 am - 11:00 am	Competition Class White Belts 2 Stripes and Above 10:00 am - 11:15 am
11:00 am							
12:00 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		
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm	BJJ GI All Levels 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		
5:00 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		
6:00 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		
7:00 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 7:15pm - 8:15 pm; Free BJJ Class for Law Enforcement 7:15pm - 8:15 pm	BJJ GI Advanced Blue Belts and above 7:00 pm - 8:00 pm			
8:00 pm							
9:00 pm							

* NOTE: PRIVATE CLASSES ARE AVAILABLE BY APPOINTMENT