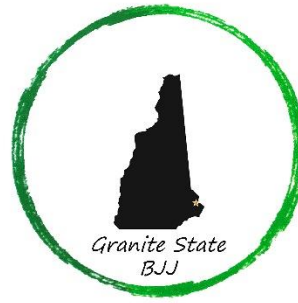


603-583-2789

bryan@granitestatebjj.com



10 Lafayette Rd
Hampton, NH 03862

Schedule

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am - 8:30 am						Adult Jiu Jitsu	
10:00 am - 11:00 am	Open Mat Jiu Jitsu	Adult Jiu Jitsu		Adult Jiu Jitsu			
11:00 am - 12:00 pm							Kids Jiu Jitsu
12:00 pm - 1:00 pm							Open Mat Jiu Jitsu
4:00 pm - 4:45 pm		Kids Jiu Jitsu		Kids Jiu Jitsu			
5:00 pm - 6:00 pm		Adult No Gi Jiu Jitsu		Adult No Gi Jiu Jitsu			
6:30 pm - 7:30 pm		Striking	Adult Jiu Jitsu		Striking	Adult No Gi Jiu Jitsu	
7:30 pm - 8:30 pm			Advanced Jiu Jitsu			Wrestling	

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Closed: Memorial Day, 4th of July, Labor Day, Thanksgiving, December 24 – January 1st