

603-583-2789
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10 Lafayette Rd
Hampton, NH 03862

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am - 8:30am						Adult BJJ	
10:00am - 11:00am	BJJ Open Mat	Adult BJJ		Adult BJJ			
11:00am - 12:00pm							Kids BJJ
12:00pm - 1:00pm							BJJ Open Mat
4:00pm - 4:45pm		Kids BJJ		Kids BJJ			
5:00pm - 6:00pm		Adult BJJ		Adult BJJ			
6:30pm - 7:15pm			INTERMEDIATE BJJ			INTERMEDIATE BJJ	
7:30pm - 8:30pm			ADVANCED BJJ			ADVANCED BJJ	

www.granitestatebjj.com

Closed
Memorial Day, 4th of July, Labor Day, Thanksgiving
December 24 - January 1