



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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am - 11:00am	BJJ Open Mat	Adult BJJ		Adult BJJ		Adult BJJ	
11:00am - 12:00pm		BJJ Open Mat		BJJ Open Mat		BJJ Open Mat	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			Kids BJJ		Kids BJJ		
7:30pm - 8:30pm			Adult BJJ		Adult BJJ	Adult BJJ	

www.granitestatebjj.com

Closed

4th of July, Labor Day, Thanksgiving

December 25 - January 1

Week of Memorial Day

The first Friday of every month