



BOSTON BRAZILIAN JIU JITSU ACADEMY WOBURN

Schedule of Classes

104 Main St. Woburn, MA 01801 (781-281-2027)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|------------------------------------|---|-----------------------|
| | | | | | 9:15-10:00AM Young Champs BJJ | GYM CLOSED |
| 5:15-6:00PM Young Champs BJJ | 5:30-6:30PM BJJ 101 White Belt Foundation | 5:15-6:00PM Young Champs BJJ | 5:30-6:30PM BJJ 101 White Belt Foundation | 5:00-6:15PM BJJ All Levels | 10:15-11:30AM BJJ All Levels | |
| 6:15-7:30PM Advanced Competition BJJ | 6:30-8:00PM BJJ All Levels | 6:15-7:15PM BJJ 101 White Belt Foundation | 6:30-8:00PM BJJ All Levels | 6:15-7:30PM No-Gi All Levels | 11:30-2:00PM *OPEN MAT* Perfect your Technique. Randori (乱取り) | |
| 7:30-8:45PM BJJ All Levels | 8:00pm-9:00pm MUAY THAI BOXING Fundamentals | 7:30-8:45PM No-Gi All Levels | 8:00pm-9:00pm MUAY THAI BOXING Fundamentals | | | |

Schedule is subject to change: current as of March 2016.

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| Kids BJJ | All Levels BJJ: Brazilian Jiu-Jitsu | Advanced Competition BJJ |
| BJJ for children with kimono. Ages 5-12 yrs old | Open to all adult Jiu-Jitsu students. Gi uniform + mouth piece | For students blue belt and above who want to take their training to the next level. |
| No-Gi Submission Wrestling | Open Mat: Free training (no instruction) | Muay Thai Boxing |
| Open to adult (16+) Jiu-Jitsu students. All Levels. | All adult (16+) students may attend unlimited open mat times with any membership type. | This is an all levels class. Requires Boxing gloves, shin guards and mouth piece. |

WWW.BOSTONBJJWOBURN.COM