



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
	4:30-5:15PM Little Ninjas		4:30-5:15PM Little Ninjas		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*	
7:30-8:30PM BJJ 101 White Belt Foundation	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 September 2017.

Kids BJJ	All Levels BJJ: Brazilian Jiu-Jitsu	Advanced Competition BJJ
BJJ for children with kimono. Ages 3-12 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