

Schedule

Monday

10:30–11:15 AM – Homeschool Kids

Kickboxing

5:30–6:15 PM – Adult BJJ Beginner (Gi)

6:15–7:15 PM – Adult BJJ All Levels (Gi)

Tuesday

4:30–5:10 PM – Kids BJJ (Gi)

5:30–6:15 PM – Adult Kickboxing

6:15–7:15 PM – Adult BJJ All Levels (No-Gi)

Wednesday

10:30–11:15 AM – Homeschool Kids BJJ

6:15–7:15 PM – Adult BJJ All Levels (Gi)

Thursday

4:30–5:10 PM – Kids BJJ (No-Gi)

5:30–6:15 PM – Adult BJJ Beginner (No-Gi)

6:15–7:15 PM – Adult BJJ All Levels (No-Gi)

Friday

5:30–6:15 PM – Adult BJJ All Levels (No-Gi)

6:15–7:00 PM – Adult Kickboxing

Saturday

9:30–10:10 AM – Kids BJJ (Gi)

10:15–11:15 AM – Adult BJJ All Levels (Gi)

Sunday

9:00 AM – Open Mat

First Class is Free!
3-Week Trial for \$85

No Sign Up or Cancellation Fees
Email: Natalie@massbjjvalley.com