



Gracie United Amite

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM 4:00 PM							
5:00 PM		KIDS BJJ @5:00 PM		KIDS BJJ @5:00 PM			
6:00 PM		JUNIOR BJJ @5:45 PM		JUNIOR BJJ @5:45 PM	JUNIOR SELF-DEFENSE @5:45 PM		
7:00 PM		BRAZILIAN JIU JITSU FUNDAMENTALS @6:30 PM		BRAZILIAN JIU JITSU FUNDAMENTALS @6:30 PM	NO GI SUBMISSION WRESTLING @6:30 PM		
8:00 PM		KICKBOXING / MMA @7:30 PM		KICKBOXING / MMA @7:30 PM			