



# Gracie United Ascension



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
9:00 AM						WARRIOR WORKOUT* @9:00 AM - 10:00 AM	KIDS BJJ COMPETITION CLASS* @9:00 AM - 10:00 AM	
10:00 AM						WOMEN ONLY SELF DEFENSE* @10:00 AM	OPEN MAT* @10:00 AM	
11:00 AM	JIU JITSU ADULTS @11:00 AM - 12:00 PM		NO GI ADULTS @11:00 AM - 12:00 PM		JIU JITSU ADULTS @11:30 AM - 1:00 PM			
12:00 PM								
1:00 PM								
4:00 PM								
5:00 PM	KIDS BJJ (4 - 7 YEARS OLD) @5:00 PM - 5:45 PM	KIDS BJJ (4 - 7 YEARS OLD) @5:00 PM - 5:45 PM				KIDS BJJ (4 - 7 YEARS OLD) @5:00 PM - 5:45 PM		
6:00 PM	KIDS BJJ (8 - 12 YEARS OLD) @5:45 PM - 6:30 PM	KIDS BJJ (8 - 12 YEARS OLD) @5:45 PM - 6:30 PM	KIDS KICKBOXING SELF DEFENSE @5:30 PM - 6:30 PM			KIDS BJJ (8 - 12 YEARS OLD) @5:45 PM - 6:30 PM		
7:00 PM	TEEN & ADULT FUNDAMENTALS / WOMEN'S BJJ @6:30 PM - 8:00 PM	ADULT ADVANCED BJJ @6:30 PM - 8:00 PM	NO GI ADULTS @6:30 PM - 7:30 PM			JIU JITSU TEEN & ADULTS @6:30 PM - 8:00 PM		

\* Subject to change due to Seminars & Competitions scheduled.