



# Gracie United Ascension

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|          | Monday  | Tuesday                                  | Wednesday                                | Thursday  | Friday                                  | Saturday  | Sunday   |
|----------|---|--|--|---|---|---|--|
| 9:00 AM  |   |  |  |   |   | WARRIOR WORKOUT*<br>@9:00 AM - 10:00 AM           | KIDS BJJ COMPETITION CLASS*<br>@9:00 AM - 10:00 AM |
| 10:00 AM |   |  |  |   |   | WOMEN ONLY SELF DEFENSE*<br>@10:00 AM             | OPEN MAT*<br>@10:00 AM                             |
| 11:00 AM | JIU JITSU ADULTS<br>@11:00 AM - 12:00 PM                    |  | JIU JITSU ADULTS<br>@11:00 AM - 12:00 PM |   | JIU JITSU ADULTS<br>@11:30 AM - 1:00 PM |   |  |
| 12:00 PM |   |  |  |   |   |   |  |
| 1:00 PM  |   |  |  |   |   |   |  |
| 4:00 PM  |   |  |  |   |   |   |  |
| 5:00 PM  | KIDS BJJ (4 - 7 YEARS OLD)<br>@5:00 PM - 5:45 PM            |  |  | KIDS KICKBOXING WARRIOR WORKOUT<br>@5:30 PM - 6:30 PM |   | KIDS BJJ (4 - 7 YEARS OLD)<br>@5:00 PM - 5:45 PM  |  |
| 6:00 PM  | KIDS BJJ (8 - 12 YEARS OLD)<br>@5:45 PM - 6:30 PM           |  |  |   |   | KIDS BJJ (8 - 12 YEARS OLD)<br>@5:45 PM - 6:30 PM |  |
| 7:00 PM  | TEEN & ADULT FUNDAMENTALS WOMEN'S BJJ<br>@6:30 PM - 8:00 PM | ADULT ADVANCED BJJ<br>@6:30 PM - 8:00 PM |  | ADULTS KICKBOXING<br>@6:30 PM - 7:30 PM               |   | JIU JITSU TEEN & ADULTS<br>@6:30 PM - 8:00 PM     |  |

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