



# Gracie United Baton Rouge



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM							
11:00 AM							
12:00 PM	LUNCH CLASS @11:30 AM - 1:00 PM		LUNCH CLASS @11:30 AM - 1:00 PM		LUNCH CLASS @11:30 AM - 1:00 PM		
1:00 PM 3:00 PM							
4:00 PM		KINDER BJJ (3 - 5 YEARS) @4:30 PM - 5:00 PM		KINDER BJJ (3 - 5 YEARS) @4:30 PM - 5:00 PM			
5:00 PM		KIDS BJJ @5:15 PM - 6:15 PM	WOMEN'S ONLY @5:00 PM - 5:45 PM	KIDS BJJ @5:15 PM - 6:15 PM	KIDS NO GI @5:15 PM - 6:15 PM		
6:00 PM			CIRCUIT TRAINING @6:00 PM - 6:30 PM				
7:00 PM	JIU-JITSU @6:30 PM - 7:30 PM		NO GI JIU-JITSU @6:30 PM - 7:30 PM	JIU-JITSU @6:30 PM - 7:30 PM	ADULT NO GI @6:30 PM - 7:30 PM		OPEN MAT @6:30 PM - 8:00 PM
8:00 PM	ADVANCE TRAINING @7:35 PM - 8:35 PM		KICKBOXING/BOXING @7:30 PM - 8:30 PM	ADVANCE TRAINING @7:35 PM - 8:35 PM			