



Gracie United Baton Rouge

1927 Staring Lane
Baton Rouge, LA 70808

Phone: **2253622978**

Email: batonrouge@gracieunited.com

	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		
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 @5:30 PM - 6:30 PM	KIDS BJJ @5:15 PM - 6:15 PM			
6:00 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			OPEN MAT @6:30 PM - 8:00 PM
7:00 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			
8:00 PM							