



# Gracie United Bayou Lafourche



17439 LA-3235

Cut Off, LA 70345

Phone: **9858603097**

Email: [lafourche@Gracieunited.com](mailto:lafourche@Gracieunited.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM							
5:00 PM	KIDS BJJ @5:30 PM - 6:15 PM	KIDS NOGI @5:30 PM - 6:15 PM			KIDS BJJ @5:30 PM - 6:15 PM		
6:00 PM			WOMEN'S ONLY BJJ @6:00 PM - 6:30 PM				
6:30 PM	BJJ @6:30 PM - 7:30 PM	NOGI @6:30 PM - 7:30 PM	KETTLEBELLS @6:30 PM - 7:00 PM		BJJ @6:30 PM - 7:30 PM		
7:00 PM	ADVANCED BJJ @7:30 PM - 8:00 PM				ADVANCED BJJ @7:30 PM - 8:00 PM		
8:00 PM							