



Gracie United Franklinton



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM		KINDER BJJ (3-4 YEARS) @4:30 PM		KINDER BJJ (3-4 YEARS) @4:30 PM			
5:00 PM	YOUTH SELF DEFENSE (7-12 YEARS) @5:00 PM	KIDS BJJ (5-8 YEARS) @5:00 PM		KIDS BJJ (5-8 YEARS) @5:00 PM			
	SELF DEFENSE (ADULTS/TEENS) @5:45 PM	JUNIOR BJJ (9-12 YEARS) @5:45 PM		JUNIOR BJJ (9-12 YEARS) @5:45 PM			
6:00 PM							
7:00 PM	NO GI / SUBMISSION WRESTLING (ADULTS/TEENS) @6:30 PM	BJJ ALL LEVELS (TEENS/ADULTS) @6:30 PM		BJJ ALL LEVELS (TEENS/ADULTS) @6:30 PM			