



# Gracie United Gulfport

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 AM 4:00 PM								
5:00 PM	KINDER BJJ 3 - 5 YEARS @5:00 PM		WOMEN'S SELF DEFENSE @5:00 PM		KINDER BJJ 3 - 5 YEARS @5:00 PM		WOMEN'S SELF DEFENSE @5:00 PM	
	KIDS BJJ 6 - 12 YEARS @5:30 PM	CARDIO KICK BOXING @5:30 PM	KIDS BJJ 6 - 12 YEARS @5:30 PM	30 MINUTES CIRCUIT TRAINING @5:30 PM	KICK BOXING / STRIKING ADULTS @5:30 PM	KIDS BJJ 6 - 12 YEARS @5:30 PM	30 MINUTES CIRCUIT TRAINING @5:30 PM	
6:00 PM	ADULTS BJJ 12 YEARS & UP @6:30 PM		ADULTS BJJ 12 YEARS & UP @6:30 PM		NO GI BJJ / SUBMISSION WRESTLING 12 YEARS & UP @6:30 PM		ADULTS BJJ 12 YEARS & UP @6:30 PM	
7:00 PM								
8:00 PM								