



Gracie United Lacombe

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	Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	Sunday
		MAT 1	MAT 2		MAT 1	MAT 2			
7:00 AM	<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> STRIKING / NO GI BJJ ADULTS @7:30 AM - 8:30 AM </div>								
8:00 AM									
9:00 AM - 4:00 PM									
5:00 PM	ANTI-BULLYING CLASS KIDS @5:00 PM - 5:45 PM	KIDS BJJ (AGES 5 - 9) @5:00 PM - 5:45 PM			KIDS BJJ (AGES 5 - 9) @5:00 PM - 5:45 PM				
6:00 PM	STRIKING CLASS ADULTS @5:45 PM - 6:45 PM	JUNIOR BJJ (AGES 10 - 17) @5:45 PM - 6:30 PM	CARDIO KICKBOXING ADULTS MEN AND WOMEN @5:45 PM - 6:30 PM			JUNIOR BJJ (AGES 10 - 17) @5:45 PM - 6:30 PM	CARDIO KICKBOXING ADULTS MEN AND WOMEN @5:45 PM - 6:30 PM		
7:00 PM	NO GI GRAPPLING @6:45 PM - 7:30 PM	BJJ ADULTS MEN & WOMEN @6:30 PM - 7:30 PM			BJJ ADULTS MEN & WOMEN @6:30 PM - 7:30 PM				
8:00 PM									