



Gracie United Mandeville

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
9:00 AM						JUNIOR SELF DEFENSE 7-12 YEARS @9:00 AM	
10:00 AM						ADULTS SELF DEFENSE ADULTS/TEENS @10:00 AM	
11:00 AM			BJJ ALL LEVELS @11:00 AM		BJJ ALL LEVELS @11:00 AM	SUBMISSION/WRESTLING ADULTS/TEENS @11:00 AM	
12:00 3:00 PM							
4:00 PM		KINDER BJJ KIDS 3-4 YEARS @4:30 PM		KINDER BJJ KIDS 3 - 4 YEARS @4:30 PM			
5:00 PM		KIDS BJJ 5-8 YEARS @5:00 PM		KIDS BJJ 5-8 YEARS @5:00 PM			
6:00 PM		JUNIOR BJJ 9-12 YEARS @5:45 PM		JUNIOR BJJ 9-12 YEARS @5:45 PM			
7:00 PM		BJJ ALL LEVELS @6:30 PM		BJJ ALL LEVELS @6:30 PM			