



# Gracie United Hammond/Ponchatoula

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	
9:00 AM													
10:00 AM											TAKE DOWN CLASS TEENS/ADULTS @10:00 AM		
11:00 AM			BJJ ALL LEVELS TEENS/ADULTS @11:00 AM	OPEN MAT @11:00 AM			BJJ ALL LEVELS TEENS/ADULTS @11:00 AM	OPEN MAT @11:00 AM			NO GI / SUBMISSION WRESTLING TEENS/ADULTS @11:00 AM		OPEN MAT @10:00 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	JUNIOR BJJ 10-12 YEARS OLD @5:00 PM	KIDS BJJ 5-9 YEARS OLD @5:00 PM		JUNIOR SELF DEFENSE 7-12 YEARS OLD @5:00 PM	JUNIOR BJJ 10-12 YEARS OLD @5:00 PM	KIDS BJJ 5-9 YEARS OLD @5:00 PM		JUNIOR SELF DEFENSE 7-12 YEARS OLD @5:00 PM					
6:00 PM	BJJ ALL LEVELS TEENS/ADULTS @5:45 PM - 7:00 PM	WOMENS BJJ TEENS/ADULTS @5:45 PM	JUNIOR BJJ 10-12 YEARS OLD @5:45 PM	WOMENS SELF DEFENSE TEENS/ADULTS @5:45 PM	BJJ ALL LEVELS TEENS/ADULTS @5:45 PM - 7:00 PM	WOMENS BJJ TEENS/ADULTS @5:45 PM	JUNIOR BJJ 10-12 YEARS OLD @5:45 PM	WOMENS SELF DEFENSE TEENS/ADULTS @5:45 PM					
7:00 PM			BJJ FUNDAMENTALS TEENS/ADULTS @6:30 PM	MMA/KICKBOXING/ BOXING TEENS/ADULTS @6:30 PM			BJJ FUNDAMENTALS TEENS/ADULTS @6:30 PM	MMA/KICKBOXING/ BOXING TEENS/ADULTS @6:30 PM					