



Gracie United Hammond/Ponchatoula



1641 US 51 Business
Ponchatoula, LA 70454

Phone: **9856053169**

Email: louisiana@gracieunited.com

	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													
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			TAKE DOWN CLASS TEENS/ADULTS @10:00 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	KIDS BJJ 5-8 YEARS OLD @5:00 PM			YOUTH SELF DEFENSE 7-12 YEARS OLD @5:00 PM	KIDS BJJ 5-8 YEARS OLD @5:00 PM			YOUTH SELF DEFENSE 7-12 YEARS OLD @5:00 PM					
6:00 PM	JUNIOR BJJ 9-12 YEARS OLD @5:45 PM		JUNIOR BJJ	WOMENS SELF	JUNIOR BJJ 9-12 YEARS OLD @5:45 PM		JUNIOR BJJ	WOMENS SELF	JUNIOR BJJ 9-12 YEARS OLD @5:45 PM		DEFENSE TEENS/ADULTS @5:45 PM		
7:00 PM	BJJ ALL LEVELS TEENS/ADULTS @6:30 PM	WOMEN'S BJJ @6:30 PM	BJJ FUNDAMENTALS TEENS/ADULTS @6:30 PM	MMA/KICKBOXING/ BOXING TEENS/ADULTS @6:30 PM	BJJ ALL LEVELS TEENS/ADULTS @6:30 PM	WOMEN'S BJJ @6:30 PM	BJJ FUNDAMENTALS TEENS/ADULTS @6:30 PM	MMA/KICKBOXING/ BOXING TEENS/ADULTS @6:30 PM					