



# Gracie United Red River

5120 Monroe Highway

#E Ball, LA 71405

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						OPEN MATS ADULTS @10:00 AM - 12:00 PM	
11:00 AM							
12:00 PM 4:00 PM							
5:00 PM							
		NO GI YOUTH (5 - 9 YEARS) @5:15 PM - 6:00 PM		NO GI YOUTH (5 - 9 YEARS) @5:15 PM - 6:00 PM			
6:00 PM							
		NO GI YOUTH (10 - 13 YEARS) @6:00 PM - 6:45 PM		NO GI YOUTH (10 - 13 YEARS) @6:00 PM - 6:45 PM			
7:00 PM	NO GI ADULTS @7:00 PM - 9:00 PM	BJJ FUNDAMENTALS ADULTS @7:00 PM - 8:00 PM		BJJ FUNDAMENTALS ADULTS @7:00 PM - 8:00 PM			
8:00 PM		BJJ FUNDAMENTALS BLUE BELTS & ABOVE @8:00 PM - 9:00 PM		BJJ FUNDAMENTALS BLUE BELTS & ABOVE @8:00 PM - 9:00 PM			
9:00 PM							