



# Gracie United Slidell

376 sun valley dr  
Slidell, LA 70458

Phone: **9857886930**

Email: **slidell@gracieunited.com**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM							
10:00 AM						COMPETITION CLASS KIDS @10:00 AM	
11:00 AM						COMPETITION CLASS ADULTS @11:00 AM	
12:00 PM 3:00 PM							
4:00 PM					STRIKING / SELF DEFENSE KIDS 4-7 YEARS @4:30 PM		
5:00 PM	BJJ KIDS 4-7 YEARS @5:30 PM	BJJ JUNIOR 8-13 YEARS @5:30 PM	BJJ KIDS 4-7 YEARS @5:30 PM			STRIKING / SELF DEFENSE JUNIOR / ADULTS @5:30 PM	
6:00 PM	BJJ JUNIORS 8-13 YEARS @6:15 PM	BJJ ADULTS @6:30 PM	BJJ JUNIORS 8-13 YEARS @6:15 PM	TAKEDOWNS KIDS 4-7 YEARS @6:00 PM	BJJ ADULTS @6:30 PM		
7:00 PM	BJJ ADULTS @7:15 PM			BJJ ADVANCED ADULTS @7:15 PM			
8:00 PM				JUDO ADULTS @7:30 PM			