



# Gracie United South Baton Rouge



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM							
12:00 PM							
1:00 PM 4:00 PM							
5:00 PM							
6:00 PM	<b>JIU JITSU</b> 8 - 13 YEARS OLD @6:00 PM - 6:45 PM	<b>JIU JITSU</b> 8 - 13 YEARS OLD @6:00 PM - 6:45 PM					
7:00 PM	<b>ADULTS MMA 101</b> @6:30 PM	<b>JIU JITSU</b> ADULTS @6:45 PM - 8:00 PM	<b>JIU JITSU</b> ADULTS @6:45 PM - 8:00 PM				
8:00 PM							

\* 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month only.

\* Subject to change due to Special Events.