



Gracie United Springfield

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 4:00 PM							
5:00 PM							
6:00 PM		GI BJJ KIDS (AGES 5 - 12) @5:30 PM - 6:30 PM		GI BJJ KIDS (AGES 5 - 12) @5:30 PM - 6:30 PM			
7:00 PM	MMA / KICKBOXING (AGES 6 & UP) @6:30 PM - 7:30 PM	GI BJJ ADULTS (AGES 13 & UP) @6:30 PM - 7:30 PM		GI BJJ ADULTS (AGES 13 & UP) @6:30 PM - 7:30 PM		OPEN MAT (AGES 13 & UP) @6:30 PM - 7:30 PM	
8:00							