



# Gracie United Alexandria



4216 Michiels Dr.  
Alexandria, LA 71301

Phone: **3185416078**

Email: **alexandria@gracieunited.com**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM							
5:00 PM		MAT GATORS 4, 5, AND 6 YEARS OLD @5:00 PM - 5:30 PM		MAT GATORS 4, 5, AND 6 YEARS OLD @5:00 PM - 5:30 PM			
6:00 PM		YOUTH BEGINNING @5:30 PM - 6:15 PM		YOUTH BEGINNING @5:30 PM - 6:15 PM			
7:00 PM		YOUTH ADVANCED @6:15 PM - 7:00 PM		YOUTH ADVANCED @6:15 PM - 7:00 PM			
8:00 PM	ADULT BJJ @7:00 PM - 8:00 PM			ADULT BJJ @7:00 PM - 8:00 PM			
9:00 PM	NO GI @8:00 PM - 9:00 PM	ADVANCED BJJ @8:00 PM - 9:00 PM		ADVANCED BJJ @8:00 PM - 9:00 PM			