



# Gracie United Amite



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|                    | Monday | Tuesday                | Wednesday              | Thursday | Friday                                     | Saturday | Sunday |
|--------------------|--------|------------------------|------------------------|----------|--|----------|--------|
| 9:00 AM<br>4:00 PM |        |                        |                        |          |  |          |        |
| 5:00 PM            |        | KIDS BJJ<br>@5:00 PM   | KIDS BJJ<br>@5:00 PM   |          | KIDS KICKBOXING / SELF DEFENSE<br>@5:00 PM |          |        |
| 6:00 PM            |        | JUNIOR BJJ<br>@5:45 PM | JUNIOR BJJ<br>@5:45 PM |          |  |          |        |
| 7:00 PM            |        | ADULTS BJJ<br>@6:30 PM | ADULTS BJJ<br>@6:30 PM |          |  |          |        |
| 8:00 PM            |        | ADULTS MMA<br>@7:30 PM | ADULTS MMA<br>@7:30 PM |          |  |          |        |