



# Gracie United Amite



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00 PM							
4:00 PM			KINDER CLASS 3 - 4 YEARS OLD @4:30 PM		KINDER CLASS 3 - 4 YEARS OLD @4:30 PM		
5:00 PM	KIDS BJJ 5 - 8 YEARS OLD @5:00 PM		KIDS BJJ 5 - 8 YEARS OLD @5:00 PM		KIDS KICKBOXING / SELF DEFENSE KIDS @5:00 PM		
6:00 PM	JUNIOR BJJ 9 - 12 YEARS OLD @5:45 PM		JUNIOR BJJ 9 - 12 YEARS OLD @5:45 PM		ADULTS STRENGTH AND CONDITIONING ADULTS @6:00 PM		
7:00 PM	ADULTS BJJ TEEN / ADULTS @6:30 PM		ADULTS BJJ TEEN / ADULTS @6:30 PM		ADULTS OPEN MAT NOGI AND SPARRING ADULTS @6:30 PM		
8:00 PM	ADULTS MMA ADULTS @7:30 PM		ADULTS MMA ADULTS @7:30 PM				