



Gracie United Ascension



14210 Airline Highway Ste I
Gonzales, LA 70737

Phone: **2258920810**

Email: **ascension@gracieunited.com**

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|----------|--|---|---|---|---|---------------------------------|---|--|--------|--|--|----------------------------------|--------|--|
| | Mat Room A | Mat Room B | Mat Room A | Mat Room B | | | Mat Room A | Mat Room B | | | Mat Room A | Mat Room B | | |
| 9:00 AM | | | | | | | | | | | BJJ COMPETITION CLASS (KIDS) @9:00 AM - 10:00 AM | OPEN WORKOUT @9:00 AM - 10:00 AM | | |
| 10:00 AM | | | | | | | | | | | SELF DEFENSE (WOMEN ONLY) @10:00 AM - 11:00 AM | OPEN MAT @10:00 AM - 11:00 AM | | |
| 11:00 AM | JIU JITSU (ADULTS) @11:00 AM - 12:00 PM | | | | NO GI (ADULTS) @11:00 AM - 12:00 PM | | | | | | JIU JITSU (ADULTS) @11:30 AM - 1:00 PM | | | |
| 12:00 PM | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | | | | |
| 5:00 PM | KIDS BJJ (5 - 7 YEARS) @5:00 PM - 5:45 PM | | KIDS BJJ (5 - 7 YEARS) @5:00 PM - 5:45 PM | KINDER BJJ (3 - 5 YEARS) @5:00 PM - 5:30 PM | | | KIDS BJJ (5 - 7 YEARS) @5:00 PM - 5:45 PM | KINDER BJJ (3 - 5 YEARS) @5:00 PM - 5:30 PM | | | | | | |
| 6:00 PM | | KIDS BJJ (8 - 12 YEARS) @5:30 PM - 6:30 PM | | KIDS BJJ (8 - 12 YEARS) @5:30 PM - 6:30 PM | KIDS KICKBOXING SELF DEFENSE @5:30 PM - 6:30 PM | | | | | | | | | |
| 7:00 PM | BJJ FUNDAMENTALS (TEENS & ADULTS) @6:30 PM - 8:00 PM | BJJ FUNDAMENTALS (WOMEN) @6:30 PM - 8:00 PM | ADVANCED BJJ (ADULTS) @6:30 PM - 8:00 PM | | | NO GI ADULTS @6:30 PM - 7:30 PM | | BJJ FUNDAMENTALS (TEENS & ADULTS) @6:30 PM - 8:00 PM | | | | | | |

Subject to change due to Seminars & Competitions scheduled.