



Gracie United Central

7861 Hooper Rd
Baton Rouge, LA 70811

☎ (225) 938-2303

✉ central@gracieunited.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM						KIDS MMA (5 - 12 YEARS OLD) @5:00 PM - 6:00 PM	
6:00 PM	KIDS NO BJJ (5 - 8 YEARS OLD) @5:30 PM - 6:15 PM				KIDS BJJ (5 - 8 YEARS OLD) @5:30 PM - 6:15 PM		
7:00 PM	JUNIOR NO BJJ (9 - 12 YEARS OLD) @6:15 PM - 7:00 PM				JUNIOR BJJ (9 - 12 YEARS OLD) @6:15 PM - 7:00 PM	KIDS OPEN MAT (5 - 12 YEARS OLD) @6:00 PM - 7:00 PM	
	ADULT NO BJJ (13 YEARS OLD & UP) @7:00 PM - 7:45 PM				ADULT BJJ (13 YEARS OLD & UP) @7:00 PM - 7:45 PM	ADULT OPEN MAT (13 YEARS OLD & UP) @7:00 PM - 8:00 PM	ADULT MMA (13 YEARS OLD & UP) @7:00 PM - 8:00 PM