



# Gracie United Covington/Madisonville



100 S Tyler Square, Unit 12C

Covington, LA 70433

Phone: **9857896939**

Email: **covington@gracieunited.com**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
10:00 AM							
11:00 AM	BJJ ALL LEVELS ADULTS/TEENS @11:00 AM - 12:00 PM		BJJ ALL LEVELS ADULTS/TEENS @11:00 AM - 12:00 PM				
12:00 3:00 PM							
4:00 PM	KINDER BJJ KIDS 3-4 YEARS @4:30 PM - 5:00 PM		KINDER BJJ KIDS 3-4 YEARS @4:30 PM - 5:00 PM				
5:00 PM	BJJ KIDS 5-8 YEARS @5:00 PM - 5:45 PM	KIDS SELF-DEFENSE KIDS 5-8 YEARS @5:00 PM - 5:45 PM	BJJ KIDS 5-8 YEARS @5:00 PM - 5:45 PM		KIDS NO GI KIDS 5-8 YEARS @5:00 PM - 5:45 PM		
6:00 PM	BJJ JUNIORS 9-12 YEARS @5:45 PM - 6:30 PM	JUNIOR SELF-DEFENSE JUNIOR 9-12 YEARS @5:45 PM - 6:30 PM	BJJ JUNIORS 9-12 YEARS @5:45 PM - 6:30 PM		JUNIOR NO GI JUNIOR 9-12 YEARS @5:45 PM - 6:30 PM		
7:00 PM	BJJ ALL LEVELS ADULTS/TEENS @6:30 PM - 7:30 PM	MMA/KICK- BOXING/BOXING ADULTS/TEENS @6:30 PM - 7:30 PM	BJJ ALL LEVELS ADULTS/TEENS @6:30 PM - 7:30 PM		NO GI SUBMISSION/WRESTLING ADULTS/TEENS @6:30 PM - 7:30 PM		