



# Gracie United Gulf Shores

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	FITNESS KICKBOXING @6:00 AM - 7:00 AM		FITNESS KICKBOXING @6:00 AM - 7:00 AM		FITNESS KICKBOXING @6:00 AM - 7:00 AM		
7:00 AM - 10:00 AM							
11:00 AM		ADULTS BJJ @11:00 AM - 11:30 AM		ADULTS BJJ @11:00 AM - 11:30 AM			
12:00 PM - 3:00 PM							
4:00 PM	LITTLE CHAMPIONS (3 - 4 YEARS OLD) @4:30 PM - 5:00 PM	KINDER BJJ (3 - 4 YEARS OLD) @4:30 PM - 5:00 PM		KINDER BJJ (3 - 4 YEARS OLD) @4:30 PM - 5:00 PM			
5:00 PM	KIDS SELF DEFENSE (5 - 8 YEARS OLD) @5:00 PM - 5:45 PM	KIDS BJJ (5 - 8 YEARS OLD) @5:00 PM - 5:45 PM		KIDS BJJ (5 - 8 YEARS OLD) @5:00 PM - 5:45 PM			
6:00 PM	JUNIOR SELF DEFENSE (9 - 12 YEARS OLD) @5:45 PM - 6:30 PM	JUNIOR BJJ (9 - 12 YEARS OLD) @5:45 PM - 6:30 PM		JUNIOR BJJ (9 - 12 YEARS OLD) @5:45 PM - 6:30 PM			
7:00 PM	ADULT NO GI @6:30 PM - 7:30 PM	ADULT GI @6:30 PM - 7:30 PM		ADULT GI @6:30 PM - 7:30 PM	WOMEN'S BJJ FUNDAMENTALS @6:30 PM - 7:30 PM		
8:00 PM							