



Gracie United Hammond



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		BJJ ALL LEVELS TEENS/ADULTS @6:30 AM		BJJ ALL LEVELS TEENS/ADULTS @6:30 AM			
7:00 AM							
8:00 AM							
9:00 AM		HOMESCHOOL CLASS (5 - 12 YEARS OLD) @9:30 AM		HOMESCHOOL CLASS (5 - 12 YEARS OLD) @9:30 AM			
10:00 AM						TAKE DOWN CLASS TEENS/ADULTS @10:00 AM	
11:00 AM		BJJ ALL LEVELS TEENS/ADULTS @11:00 AM	NO GI ADULTS @11:00 AM	BJJ ALL LEVELS TEENS/ADULTS @11:00 AM	NO GI ADULTS @11:00 AM	NO GI / SUBMISSION WRESTLING TEENS/ADULTS @11:00 AM	
12:00 - 3:00 PM							
4:00 PM	KINDER BJJ KIDS 3-4 YEARS @4:30 PM		KINDER BJJ KIDS 3-4 YEARS @4:30 PM				
5:00 PM	KIDS BJJ 5-8 YEARS OLD @5:00 PM	JUNIOR SELF DEFENSE 9-12 YEARS OLD @5:00 PM	KIDS BJJ 5-8 YEARS OLD @5:00 PM	JUNIOR SELF DEFENSE 9-12 YEARS OLD @5:00 PM	KIDS NO GI 5-8 YEARS OLD @5:00 PM		
	JUNIOR BJJ 9-12 YEARS OLD @5:45 PM	KIDS SELF DEFENSE 5-8 YEARS OLD @5:45 PM	JUNIOR BJJ 9-12 YEARS OLD @5:45 PM	KIDS SELF DEFENSE 5-8 YEARS OLD @5:45 PM	JUNIOR NO GI 9-12 YEARS OLD @5:45 PM		
6:00 PM	BJJ ALL LEVELS TEENS/ADULTS @6:30 PM	SELF DEFENSE TEENS/ADULTS @6:30 PM	BJJ ALL LEVELS TEENS/ADULTS @6:30 PM	SELF DEFENSE TEENS/ADULTS @6:30 PM	ADULTS NO GI TEENS/ADULTS @6:30 PM		
7:00 PM							