



Gracie United Hammond



117 S. Cate Street
Hammond, LA 70403

☎ (985) 605-3169

✉ louisiana@gracieunited.com

	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							
10:00 AM						TAKE DOWN CLASS TEENS/ADULTS @10:00 AM	
11:00 AM		BJJ ALL LEVELS TEENS/ADULTS @11:00 AM	SELF DEFENSE ADULTS @11:00 AM	BJJ ALL LEVELS TEENS/ADULTS @11:00 AM	SELF DEFENSE 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							
7:00 PM	BJJ ALL LEVELS TEENS/ADULTS @6:30 PM	MMA/KICKBOXING/ BOXING TEENS/ADULTS @6:30 PM	BJJ ALL LEVELS TEENS/ADULTS @6:30 PM	MMA/KICKBOXING/ BOXING TEENS/ADULTS @6:30 PM	ADULTS NO GI TEENS/ADULTS @6:30 PM		