



Gracie United Hancock



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM				ADULT BJJ @6:30 AM - 7:30 AM			
7:00 AM							
8:00 AM 4:00 PM							
5:00 PM	KINDER SELF DEFENSE @5:00 PM - 5:30 PM	KINDER BJJ @5:00 PM - 5:30 PM		KINDER BJJ @5:00 PM - 5:30 PM			
	KIDS SELF DEFENSE @5:30 PM - 6:15 PM	KIDS BJJ @5:30 PM - 6:15 PM		KIDS BJJ @5:30 PM - 6:15 PM			
6:00 PM	JUNIOR SELF DEFENSE @6:15 PM - 7:00 PM	JUNIOR BJJ @6:15 PM - 7:00 PM		JUNIOR BJJ @6:15 PM - 7:00 PM	ADULT KICKBOXING @6:00 PM - 7:00 PM	KIDS KICKBOXING @6:00 PM - 6:30 PM	
	ADULT NO GI @7:00 PM - 8:00 PM	ADULT BJJ @7:00 PM - 8:00 PM		ADULT BJJ @7:00 PM - 8:00 PM			JIU JITSU FUNDAMENTALS @7:00 PM - 8:00 PM