



# Gracie United Kenner

4041 Williams Blvd. Suite 10B  
Kenner, LA 70065

☎ (504) 237-0985

✉ kenner@gracieunited.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						ADULTS SELF DEFENSE / MMA @9:00 AM - 10:00 AM	
10:00 AM						ADULTS GI BJJ @10:00 AM - 11:00 AM	
11:00 AM			ADULTS GI BJJ @11:30 AM - 12:30 PM		ADULTS GI BJJ @11:30 AM - 12:30 PM	ADULTS NO GI @11:00 AM - 12:00 PM	
12:00 PM							
1:00 PM							
3:00 PM							
4:00 PM	KIDS GI BJJ (4 - 8 YEARS OLD) @4:30 PM - 5:15 PM		KIDS GI BJJ (4 - 8 YEARS OLD) @4:30 PM - 5:15 PM				
5:00 PM	KIDS GI BJJ (8 - 12 YEARS OLD) @5:30 PM - 6:15 PM	KIDS GI BJJ (4 - 8 YEARS OLD) @5:00 PM - 5:45 PM	KIDS WRESTLING @5:15 PM - 6:00 PM	KIDS GI BJJ (4 - 8 YEARS OLD) @5:00 PM - 5:45 PM		ADULTS GI BJJ @5:30 PM - 6:30 PM	
6:00 PM	ADULTS GI BJJ @6:15 PM - 7:15 PM	KIDS SELF DEFENSE / NO GI (7 - 12 YEARS OLD) @5:45 PM - 6:30 PM	KIDS GI BJJ (8 - 12 YEARS OLD) @6:00 PM - 6:45 PM	KIDS SELF DEFENSE / NO GI (7 - 12 YEARS OLD) @5:45 PM - 6:30 PM			
7:00 PM	ADULTS WRESTLING @7:15 PM - 8:15 PM	ADULTS GI FUNDAMENTALS @6:30 PM - 7:15 PM	ADULTS GI BJJ @7:00 PM - 8:15 PM	ADULTS SELF DEFENSE / MMA @6:30 PM - 7:15 PM		ADULTS NO GI @6:30 PM - 7:30 PM	
8:00 PM		ADULTS SELF DEFENSE / MMA @7:15 PM - 8:15 PM		ADULTS SELF DEFENSE / MMA @7:15 PM - 8:15 PM			