http://www.championfactory.com/gyms/lacombe/schedule

Gracie United Lacombe

27403 Highway 190 Unit B
Lacombe, LA 70445

Phone: **2252233309**

Email: **lacombe@gracieunited.com**

	Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	Sunday
		MAT 1	MAT 2		MAT 1	MAT 2			
9:00 AM - 4:00 PM									
5:00 PM	ANTI-BULLYING CLASS KIDS **@5:00 PM - 5:45 PM**	KIDS BJJ (AGES 5 - 9) **@5:00 PM - 5:45 PM**			KIDS BJJ (AGES 5 - 9) **@5:00 PM - 5:45 PM**				
6:00 PM	STRIKING CLASS ADULTS **@5:45 PM - 6:45 PM**	JUNIOR BJJ (AGES 10 - 17) **@5:45 PM - 6:30 PM**	CARDIO KICKBOXING ADULTS MEN AND WOMEN **@5:45 PM - 6:30 PM**		JUNIOR BJJ (AGES 10 - 17) **@5:45 PM - 6:30 PM**	CARDIO KICKBOXING ADULTS MEN AND WOMEN **@5:45 PM - 6:30 PM**			
7:00 PM	NO GI GRAPPLING **@6:45 PM - 7:30 PM**	BJJ ADULTS MEN & WOMEN **@6:30 PM - 7:30 PM**			BJJ ADULTS MEN & WOMEN **@6:30 PM - 7:30 PM**				
8:00 PM									