



Gracie United Metairie

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM							
5:00 PM	KIDS BJJ (5 - 8 YEARS) @5:45 PM - 6:30 PM		KIDS BJJ (5 - 8 YEARS) @5:45 PM - 6:30 PM				
6:00 PM	JUNIOR BJJ (9 - 12 YEARS) @5:45 PM - 6:30 PM		JUNIOR BJJ (9 - 12 YEARS) @5:45 PM - 6:30 PM				
7:00 PM	BJJ ADULTS & TEENS @6:30 PM - 7:30 PM		BJJ ADULTS & TEENS @6:30 PM - 7:30 PM				