



Gracie United Metairie

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						ADULT SELF DEFENSE @9:00 AM - 10:00 AM	
10:00 AM						ADULT GI FUNDAMENTALS @10:00 AM - 11:00 AM	
11:00 AM						ADULT NO GI @10:00 AM - 11:00 AM	
4:00 PM							
5:00 PM							
6:00 PM	KIDS SELF DEFENSE 7 - 12 YEARS OLD @5:45 PM - 6:30 PM	KIDS GI 4 - 12 YEARS OLD @5:45 PM - 6:30 PM	KIDS SELF DEFENSE 7 - 12 YEARS OLD @5:45 PM - 6:30 PM	KIDS GI 4 - 12 YEARS OLD @5:45 PM - 6:30 PM			
7:00 PM	ADULT GI @6:30 PM - 7:30 PM	ADVANCED NO GI ADULT @6:30 PM - 7:30 PM	ADULT GI @6:30 PM - 7:30 PM	NO GI ADULT @6:30 PM - 7:30 PM			