



Gracie United Natchitoches



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM							
5:00 PM	KIDS BJJ (5 - 12 YEARS OLD) @5:30 PM - 6:15 PM		KIDS BJJ NOGI (5 - 12 YEARS OLD) @5:30 PM - 6:15 PM		KIDS BJJ (5 - 12 YEARS OLD) @5:30 PM - 6:15 PM		
6:00 PM							
7:00 PM	TEENS / ADULTS BJJ (13 YEARS OLD & UP) @6:30 PM - 7:30 PM		TEENS / ADULTS NO GI BJJ (13 YEARS OLD & UP) @6:30 PM - 7:30 PM		TEENS / ADULTS BJJ (13 YEARS OLD & UP) @6:30 PM - 7:30 PM		