



Gracie United Picayune



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM							
5:00 PM	LITTLE CHAMPS BJJ (4 - 7 YEARS OLD) @5:00 PM	LITTLE CHAMPS KICKBOXING / SELF - DEFENSE (4 - 7 YEARS OLD) @5:00 PM	LITTLE CHAMPS BJJ (4 - 7 YEARS OLD) @5:00 PM	LITTLE CHAMPS KICKBOXING / SELF - DEFENSE (4 - 7 YEARS OLD) @5:00 PM			
6:00 PM	JUNIORS BJJ (8 - 12 YEARS OLD) @5:45 PM	JUNIORS KICKBOXING / SELF - DEFENSE (8 - 12 YEARS OLD) @5:45 PM	JUNIORS BJJ (8 - 12 YEARS OLD) @5:45 PM	JUNIORS KICKBOXING / SELF - DEFENSE (8 - 12 YEARS OLD) @5:45 PM			
	ADULTS / TEENS BJJ (13 YEARS OLD & ABOVE) @6:45 PM	ADULTS / TEENS MUAY THAI KICKBOXING / SELF - DEFENSE (13 YEARS OLD & ABOVE) @6:45 PM	ADULTS / TEENS BJJ (13 YEARS OLD & ABOVE) @6:45 PM	ADULTS / TEENS NO GI BJJ COMBATIVES (13 YEARS OLD & ABOVE) @6:45 PM			
7:00 PM		ADULTS MMA TEAM PRACTICE (TEAM MEMBERS / INVITE ONLY) @7:30 PM					
8:00 PM							