



Gracie United Plaquemine

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM		BJJ ALL LEVELS @11:30 AM					
12:00 PM							
1:00 PM 3:00 PM							
4:00 PM		KIDS BJJ (3 - 4 YEARS OLD) @4:30 PM - 5:00 PM		KIDS BJJ (3 - 4 YEARS OLD) @4:30 PM - 5:00 PM			
5:00 PM		KIDS BJJ (5 - 8 YEARS OLD) @5:00 PM - 5:45 PM	STRIKING / SELF-DEFENSE KIDS @5:00 PM - 5:45 PM	KIDS BJJ (5 - 8 YEARS OLD) @5:00 PM - 5:45 PM			
6:00 PM		KIDS BJJ (9 - 12 YEARS OLD) @5:45 PM - 6:30 PM	WARRIOR WORKOUT @6:00 PM - 6:30 PM	KIDS BJJ (9 - 12 YEARS OLD) @5:45 PM - 6:30 PM			
7:00 PM		BJJ (13 & UP YEARS OLD) @6:30 PM - 7:30 PM	MMA / STRIKING SELF DEFENSE @6:30 PM - 7:30 PM	BJJ (13 & UP YEARS OLD) @6:30 PM - 7:30 PM		WRESTLING @6:30 PM - 7:30 PM	
8:00 PM						NOGI BJJ @7:30 PM	