http://www.championfactory.com/gyms/ponchatoula/schedule

Gracie United Hammond/Ponchatoula

1641 US 51 Business
Ponchatoula, LA 70454

Phone: **9856053169**

Email: **louisiana@gracieunited.com**

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	
9:00 AM													
10:00 AM											TAKE DOWN CLASS TEENS/ADULTS **@10:00 AM**	OPEN MAT **@10:00 AM**	
11:00 AM			BJJ ALL LEVELS TEENS/ADULTS **@11:00 AM**	OPEN MAT **@11:00 AM**			BJJ ALL LEVELS TEENS/ADULTS **@11:00 AM**	OPEN MAT **@11:00 AM**			NO GI / SUBMISSION WRESTLING TEENS/ADULTS **@11:00 AM**		
12:00 3:00 PM													
4:00 PM	KINDER BJJ KIDS 3-4 YEARS **@4:30 PM**				KINDER BJJ KIDS 3-4 YEARS **@4:30 PM**								
5:00 PM	KIDS BJJ 5-8 YEARS OLD **@5:00 PM**		JUNIOR SELF DEFENSE 9-12 YEARS OLD **@5:00 PM**	CARDIO KICK-BOXING **@5:00 PM**	KIDS BJJ 5-8 YEARS OLD **@5:00 PM**		JUNIOR SELF DEFENSE 9-12 YEARS OLD **@5:00 PM**	CARDIO KICK-BOXING **@5:00 PM**					
	JUNIOR BJJ 9-12 YEARS OLD **@5:45 PM**		JUNIOR BJJ 9-12 YEARS OLD **@5:45 PM**	KIDS SELF DEFENSE 5-8 YEARS OLD **@5:45 PM**	JUNIOR BJJ 9-12 YEARS OLD **@5:45 PM**		JUNIOR BJJ 9-12 YEARS OLD **@5:45 PM**	KIDS SELF DEFENSE 5-8 YEARS OLD **@5:45 PM**					
6:00 PM	BJJ ALL LEVELS TEENS/ADULTS **@6:30 PM**		BJJ ALL LEVELS TEENS/ADULTS **@6:30 PM**	MMA/KICKBOXING/ BOXING TEENS/ADULTS **@6:30 PM**	BJJ ALL LEVELS TEENS/ADULTS **@6:30 PM**		BJJ FUNDAMENTALS TEENS/ADULTS **@6:30 PM**	MMA/KICKBOXING/ BOXING TEENS/ADULTS **@6:30 PM**					
7:00 PM													