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

Gracie United Slidell

376 sun valley dr
Slidell, LA 70458

Phone: **9857886930**

Email: **slidell@gracieunited.com**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM 3:00 PM							
4:00 PM					KICK BOXING / SELF DEFENSE KIDS 7-13 YEARS **@4:30 PM**		
5:00 PM	TINY CHAMPS KIDS 4-7 YEARS **@5:30 PM**	NO GI BJJ JUNIOR 8-13 YEARS **@5:30 PM**	LITTLE CHAMPS KIDS 4-7 YEARS **@5:30 PM**		KICK BOXING / NO GI ADULTS **@5:30 PM**		
6:00 PM	BJJ JUNIORS 8-13 YEARS **@6:15 PM**	BJJ ADULTS **@6:30 PM**	BJJ JUNIORS 8-13 YEARS **@6:15 PM**	TAKEDOWNS JUNIORS 8-13 YEARS **@6:00 PM**	OPEN MAT BJJ JUNIORS & ADULTS **@6:30 PM**		
7:00 PM	BJJ ADULTS **@7:15 PM**		BJJ ADULTS **@7:15 PM**	NO GI BJJ ADULTS **@7:00 PM**			
8:00 PM							