



Gracie United Slidell



39510 US Highway 190 East, Suite A
Slidell, Louisiana 70461

☎ (985) 445-1151

✉ slidell@gracieunited.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 PM							
5:00 PM	BJJ LIL CHAMPS @5:00 PM - 5:45 PM	NO GI LIL CHAMPS @5:00 PM - 5:45 PM	BJJ LIL CHAMPS @5:00 PM - 5:45 PM	KICKBOXING LIL CHAMPS @5:00 PM - 5:45 PM			
	BJJ JR CHAMPS @5:45 PM - 6:45 PM	NO GI JR CHAMPS @5:45 PM - 6:45 PM	BJJ JR CHAMPS @5:45 PM - 6:45 PM	KICKBOXING JR CHAMPS @5:45 PM - 6:45 PM			
6:00 PM	BJJ JR CHAMPS @5:45 PM - 6:45 PM	NO GI JR CHAMPS @5:45 PM - 6:45 PM	BJJ JR CHAMPS @5:45 PM - 6:45 PM	KICKBOXING JR CHAMPS @5:45 PM - 6:45 PM			
7:00 PM	BJJ ADULTS @6:45 PM - 8:00 PM	NO GI ADULTS @6:45 PM - 8:00 PM	BJJ ADULTS @6:45 PM - 8:00 PM	KICKBOXING ADULTS @6:45 PM - 8:00 PM	OPEN MAT @6:30 PM		
8:00 PM							