



Gracie United South Baton Rouge



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Baton Rouge, LA 70817

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM		BJJ LUNCH CLASS @11:30 AM - 12:30 PM		BJJ LUNCH CLASS @11:30 AM - 12:30 PM			
12:00 PM							
1:00 PM 4:00 PM							
5:00 PM	KIDS STRIKING @5:30 PM - 6:15 PM	JIU JITSU 4 - 7 YEARS OLD @5:15 PM - 6:00 PM		JIU JITSU 4 - 7 YEARS OLD @5:15 PM - 6:00 PM			
6:00 PM		NO GI ADULTS @6:15 PM - 7:15 PM	JIU JITSU 8 - 13 YEARS OLD @6:00 PM - 6:45 PM		JIU JITSU 8 - 13 YEARS OLD @6:00 PM - 6:45 PM		
7:00 PM	STRIKING / MMA / SELF DEFENSE ADULTS @7:15 PM - 8:30 PM	JIU JITSU ADULTS @6:45 PM - 8:00 PM		JIU JITSU ADULTS @6:45 PM - 8:00 PM			
8:00 PM							

* 1st and 3rd Fridays of the month only.

* Subject to change due to Special Events.