



# Gracie United South Baton Rouge



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM 4:00 PM							
5:00 PM	KIDS KICKBOXING ALL AGE @5:30 PM - 6:00 PM	JIU JITSU 4 - 7 YEARS OLD @5:30 PM - 6:15 PM		JIU JITSU 4 - 7 YEARS OLD @5:30 PM - 6:15 PM			
6:00 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	ADULTS NO GI @6:30 PM	JIU JITSU ADULTS @6:45 PM - 8:00 PM		JIU JITSU ADULTS @6:45 PM - 8:00 PM			OPEN MAT ADULTS @7:00 PM

\*\* Arrive at 5:45 PM.