



Gracie United Mandeville



68480 hwy 59

Mandeville, LA 70471

☎ (504) 915-8558

✉ northshore@gracieunited.com

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|--|---|--|--------|---|--------|
| 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 NO GI / SUBMISSION WRESTLING 5 - 8 YEARS @5:00 PM | KIDS BJJ 5 - 8 YEARS @5:00 PM | | KIDS BJJ 5 - 8 YEARS @5:00 PM | | JUNIOR KICKBOXING 9 - 12 YEARS @5:00 PM | |
| | JUNIOR NO GI / SUBMISSION WRESTLING 9 - 12 YEARS @5:45 PM | JUNIOR BJJ 9 - 12 YEARS @5:45 PM | | JUNIOR BJJ 9 - 12 YEARS @5:45 PM | | | |
| 6:00 PM | ADULTS NO GI / SUBMISSION WRESTLING @6:30 PM - 7:30 PM | BJJ ALL LEVELS TEENS/ADULTS @6:30 PM | | | | | |
| | | | ADULTS NO GI / SUBMISSION WRESTLING @6:00 PM | | | ADULTS KICKBOXING @6:00 PM | |
| 7:00 PM | | | | BJJ ALL LEVELS TEENS/ADULTS @6:30 PM | | | |