



TATUM CLASS SCHEDULE

13637 N. Tatum Blvd., Suite 18, Phoenix, AZ 85032

(480) 339-9019



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gracie Combatives	6:00 am - 7:00 am		6:00 am - 7:00 am			6:00 am - 7:00 am
	11:00 am - 12:00 pm	11:00 am - 12:00 pm	11:00 am - 12:00 pm		11:00 am - 12:00 pm	
	6:00 pm - 7:00 pm		6:00 pm - 7:00 pm	6:30 pm - 7:30 pm		
Reflex Development						7:00 am - 8:00 am
				11:00 am - 12:00 pm		
					6:30 pm - 7:30 pm	
The Master Cycle		6:00 am - 7:30 am			6:00 am - 7:30 am	
	12:15 pm - 1:45 pm	12:15 pm - 1:45 pm	12:15 pm - 1:45 pm			
	7:15 pm - 8:45 pm		7:15 pm - 8:45 pm			
The Master Cycle Fundamentals						
				12:15 pm - 1:15 pm		
					7:45 pm - 8:45 pm	
Women Empowered						
		9:30 am - 10:30 am		9:30 am - 10:30 am		9:00 am - 10:00 am
		6:30 pm - 7:30 pm				
Gracie BULLYPROOF Little Champs (Ages 5-7)						10:30 am - 11:15 am
		4:00 pm - 4:45 pm		4:00 pm - 4:45 pm		
Gracie BULLYPROOF Junior Grapplers (Ages 8-13)						11:45 am - 12:45 pm
		5:15 pm - 6:15 pm	4:45 pm - 5:45 pm	5:15 pm - 6:15 pm		
Black Belt Club (Advanced Kids)						1:00 pm - 2:00 pm
	4:45 pm - 5:45 pm				5:15 pm - 6:15 pm	
Budokon Mixed Movement Training						8:15 am - 8:45 am