

Weekly Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gracie Combatives 7:00 PM – 8:00 PM	Gracie Combatives 7:30 PM – 8:30 PM	Gracie Combatives 7:30 PM – 8:30 PM		Gracie Combatives 6:00 PM – 7:00 PM	Gracie Combatives 10:00 AM – 11:00 AM
			Reflex Development 6:00 PM – 7:00 PM		
Master Cycle (Fight-Sim) 8:00 PM – 9:30 PM	Master Cycle (No-Gi) 8:30 PM – 9:30 PM	Master Cycle 8:30 PM – 9:45 PM	Master Cycle 7:00 PM – 8:30 PM	Master Cycle 7:00 PM – 8:30 PM	Master Cycle (No-Gi) 8:45 AM – 9:45 AM
	Women Empowered 6:15 PM – 7:15 PM	Women Empowered 6:15 PM – 7:15 PM			Women Empowered 11:15 AM – 12:15 PM
Little Champs (Ages 5-7) 5:00 PM – 5:45 PM		Little Champs (Ages 5-7) 4:00 PM – 4:45 PM		Little Champs (Ages 5-7) 4:00 PM – 4:45 PM	
Jr. Grapplers (Ages 8-12) 4:00 PM – 5:00 PM		Jr. Grapplers (Ages 8-12) 5:00 PM – 6:00 PM		Jr. Grapplers (Ages 8-12) 5:00 PM – 6:00 PM	
Black Belt Club (Advanced Kids) 6:00 PM – 7:00 PM			Black Belt Club (Advanced Kids) 5:00 PM – 5:45 PM		
		Mat Munchkins (Ages 3-5) 3:30 PM – 4:00 PM		Mat Munchkins (Ages 3-5) 3:30 PM – 4:00 PM	