



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Women Empowered *Reflex Dev - must qualify Every other Saturday 9:00am
		Mat Munkins (3-5 yrs) 3:30pm			
	Little Champs (5-8 yrs) 4:15pm	Little Champs (5-8 yrs) 4:15pm	Little Champs (5-8 yrs) 4:15pm		
	Jr. Grapplers (8-12 yrs) 5:00pm	Jr. Grapplers (8-12 yrs) 5:00pm	Jr. Grapplers (8-12 yrs) 5:00pm	Black Belt Club (Kids) *Invitation only 5:00pm	
	Level Up Fitness (upstairs) 5:15pm	Level Up Fitness (upstairs) 5:15pm	Level Up Fitness (upstairs) 5:15pm		
Gracie Combatives 6:00pm	Women Empowered 6:00pm	Gracie Combatives 6:00pm	Women Empowered 6:00pm	MC Sparring & GC Drilling 6:00pm	
Muay Thai Kickboxing 7:00pm	MC Technique 7:00pm	Muay Thai Kickboxing 7:00pm	MC Technique 7:00pm	Muay Thai Kickboxing 7:00pm	
GC Reflex Development 7:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm	MC Technique (Upstairs) 7:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm	GC T Prep Drills 7:00pm	
MC Fight Sim 8:00pm	Gracie Combatives 8:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm	Gracie Combatives 8:00pm		