



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Mat Munkins (3-5 yrs) 3:45pm			
	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) <i>*Invitation only</i> 5:00pm	
Gracie Combatives 6:00pm	Women Empowered 6:00pm	Gracie Combatives 6:00pm	Women Empowered 6:00pm	Open Mat (Members Only) (1 st and 3 rd of the month) 6:00pm-7:30pm	
Strikers Club <i>(current BJJ members only)</i> 7:00pm	MC Technique 7:00pm	Strikers Club <i>(current BJJ members only)</i> 7:00pm	MC Technique 7:00pm		
GC Reflex Development 7:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm	MC Fundamentals 7:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm		
GC Test Prep Drills 8:00pm	Gracie Combatives 8:00pm	MC Fight Sim 8:00pm	Gracie Combatives 8:00pm		

