



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