



# GRACIE JIU-JITSU®

## ALTAMONTE SPRINGS

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