GRACIE JIU-JITSU
ALTAMONTE SPRINGS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Mat Munkins (3-5 yrs) 3:45pm			
	Little Champs (6-8 yrs) 4:15pm	**Little Champs** (6-8 yrs) 4:15pm	**Little Champs** (6-8 yrs) 4:15pm		
	Jr. Grapplers (9-12 yrs) 5:00pm	**Jr. Grapplers** (9-12 yrs) 5:00pm	**Jr. Grapplers** (9-12 yrs) 5:00pm	**Black Belt Club (Kids)** ***Invitation only*** 5:00pm	
Gracie Combatives 6:00pm	**Women Empowered** 6:00pm	**Gracie Combatives** 6:00pm	**Women Empowered** 6:00pm	**Open Mat (Members Only)** **(1st & 3rd Fri of the month)** 6:00pm-7:30pm	
Strikers Club *(current BJJ members only)* 7:00pm	**MC Technique** 7:00pm	**Strikers Club** *(current BJJ members only)* 7:00pm	**MC Technique** 7:00pm		
GC Reflex Development 7:00pm	**MC Sparring** *(Upstairs)* 8:00pm-8:30pm	**MC Technique** 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		

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