



BELL CLASS SCHEDULE

3607 E Bell Rd., Suite 8, Phoenix, AZ 85032

(480) 339-9019



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gracie Combatives	11:00 am - 12:00 pm		11:00 am - 12:00 pm	11:00 am - 12:00pm		
	6:30 pm - 7:30 pm	6:00 pm - 7:00 pm	6:30 pm - 7:30 pm			
Reflex Development		11:00 am - 12:00 pm				
			7:30 pm - 8:30 pm			
THE Master Cycle		12:15 pm - 1:45 pm		12:15 pm - 1:45 pm		
		7:15 pm - 8:45 pm		7:15 pm - 8:45 pm		
THE Master Cycle Fundamentals						
	7:45 pm - 8:45 pm					
Women Empowered	9:30 am - 10:30 am		9:30 am - 10:30 am			
				6:00 pm - 7:00 pm		
Gracie BULLYPROOF Little Champs (Ages 5-7)						12:00 pm - 12:45 pm
	4:00 pm - 4:45 pm		4:00 pm - 4:45 pm			
Gracie BULLYPROOF Junior Grapplers (Ages 8-13)						10:30 am - 11:30 am
	5:15 pm - 6:15 pm		5:15 pm - 6:15 pm			
Black Belt Club (Advanced Kids)						
Budokon Mixed Movement Training						