

NEW GRACIE LARGO WEST 12662 STARKEY RD

WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM - 7:00 AM							
7:00 AM - 8:00 AM							
8:00 AM - 9:00 AM							BEG WOMENS SELF DEFENSE 8:30AM - 9:30AM
9:00 AM - 10:00 AM							KIDS 3-7YO GI 9:30AM-10:00AM
10:00 AM - 11:00 AM		KIDS 3YO-7YO MAT MUNCHKINS KIDS 8YO-15YO BULLYPROOF					ALL LEVELS KIDS 8-15YO 10:00AM-10:45AM
11:00 AM - 12:00 PM	BEG WOMENS SELF DEFENSE 11AM-12PM				BEG WOMENS SELF DEFENSE 11AM-12PM		
12:00 PM - 1:00 PM		BEGINNER WOMEN'S SELF DEFENSE <i>PINK BELT QUALIFIER WOMEN EMPOWERED</i>					
1:00 PM - 2:00 PM		CO-ED SELF DEFENSE <i>COMBATIVES PROGRAM BELT QUALIFIER</i>					
2:00 PM - 3:00 PM		FUNDAMENTALS = INTRO TO SPARRING					
3:00 PM - 4:00 PM		INTERMEDIATE + ADVANCED CURRICULUM + SPARRING (INTERMEDIATE ONLY) <i>BLUE BELT & BEYOND QUALIFIER (MASTER CYCLE)</i>					
4:00 PM - 5:00 PM		KIDS 3-7YO GI 4:15PM-4:45PM		KIDS 3-7YO GI 4:15PM-4:45PM			
5:00 PM - 6:00 PM	KIDS 3-7YO GI 4:45 PM - 5:15PM ALL LEVELS KIDS 8YO-15YO 5:20PM-6:20PM	KIDS 8-11YO GI 4:45 PM - 5:40 PM	KIDS 3-7YO GI 4:45 PM - 5:15PM	KIDS 8-11YO GI 4:45 PM - 5:40 PM			
6:00 PM - 7:00 PM	CO-ED SELF DEFENSE 6:25PM-7:25PM	BEG WOMENS SELF DEFENSE 5:45 PM - 6:45 PM	ALL LEVELS KIDS 8YO-15YO 5:20PM-6:20PM	BEG WOMENS SELF DEFENSE 5:45 PM - 6:45 PM			
7:00 PM - 8:00 PM	CO-ED FUNDAMENTALS 7:30PM-8:30PM	INTERMEDIATE (NOGI) 6:45PM-7:30PM	CO-ED SELF DEFENSE 6:25PM-7:25PM	INTERMEDIATE (GI) 6:45PM-7:30PM			
8:00 PM - 9:00 PM		INT SPARRING (NOGI) 7:30 PM - 8:30PM	CO-ED FUNDAMENTALS 7:30PM-8:30PM	INT SPARRING (GI) 7:30PM - 8:30PM			OPEN MAT LAST FRIDAY OF MONTH 6:30PM-8:00PM