




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Women Empowered (Bring-a-Friend Class) 9:00am
					Mat Munchkins (3-5yr) (Bring-a-Friend Class) 10:30am
	Gracie Combatives 11:00am	GC Reflex Development 11:00am	Gracie Combatives 11:00am		Little Champions (6-8yr) (Bring-a-friend Class) 11:00am
	MC Technique & Sparring 12:00pm-1:30pm	MC Technique & Sparring 12:00pm-1:30pm	MC Technique & Sparring 12:00pm-1:30pm		Jr. Grapplers (8-13 yr) (Bring-a-friend Class) 12:00pm
		Mat Munchkins (3-5 yr) 3:30pm			
Little Champs (6-8 yr) 4:00pm	Jr. Grapplers (8-10 yr) 4:00pm	Little Champs (6-8 yr) 4:00pm	Jr. Grapplers (8-10 yr) 4:00pm		
Jr. Grapplers (11-13 yr) 5:00pm	Black Belt Club (Kids) 5:00pm	Jr. Grapplers (8-13 yr) 5:00pm	Black Belt Club (Kids) 5:00pm		
Level Up Fitness 5:00pm		Level Up Fitness 5:00pm		Yoga 5:00pm	
Gracie Combatives 6:00pm	Women Empowered 6:00pm	Gracie Combatives 6:00pm	Women Empowered 6:00pm	GC Drilling & MC Sparring 6:00pm	
Muay Thai Kickboxing 7:00pm	MC Technique & Sparring 7:00pm-8:30pm	Muay Thai Kickboxing 7:00pm	MC Technique & Sparring 7:00pm-8:30pm	Muay Thai Kickboxing 7:00pm	
	Level Up Fitness 7:15pm		Level Up Fitness 7:15pm	GC Reflex Development 7:00pm	
MC Sparring - Fight Sim (No-gi, Gloves & Mouthpiece) 8:00pm	Gracie Combatives 8:00pm	MC Technique & Sparring 8:00pm-9:30pm	Gracie Combatives 8:00pm		



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