




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Gracie Combatives</b> 11:00am		<b>Gracie Combatives</b> 11:00am		<b>Women Empowered</b> 9:00am
	<b>MC Technique</b> 12:00pm		<b>MC Technique</b> 12:00pm		<b>Mat Munchkins (3-5 yrs)</b> 10:30am
	<b>MC Sparring</b> 1:00pm-1:30pm		<b>MC Sparring</b> 1:00pm-1:30pm		<b>Little Champs (5-8 yrs)</b> 11:00am
					<b>Jr. Grapplers (8-12 yrs)</b> 12:00pm
<b>Little Champs (5-8 yrs)</b> 4:00pm		<b>Little Champs (5-8 yrs)</b> 4:00pm			
<b>Jr. Grapplers (8-12 yrs)</b> 5:00pm	<b>Black Belt Club (Kids)</b> <i>*Invitation only</i> 5:00pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:00pm	<b>Black Belt Club (Kids)</b> <i>*Invitation only</i> 5:00pm		
<b>Level Up Fitness (upstairs)</b> 5:15pm	<b>Level Up Fitness (upstairs)</b> 5:15pm	<b>Level Up Fitness (upstairs)</b> 5:15pm	<b>Level Up Fitness (upstairs)</b> 5:15pm		
<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>MC Sparring &amp; GC Drilling</b> 6:00pm	
<b>Muay Thai Kickboxing</b> 7:00pm	<b>MC Technique</b> 7:00pm	<b>Muay Thai Kickboxing</b> 7:00pm	<b>MC Technique</b> 7:00pm	<b>Muay Thai Kickboxing</b> <i>*Advanced Invite Only</i> 7:00pm	
<b>GC Reflex Development</b> 7:00pm	<b>MC Sparring (Upstairs)</b> 8:00pm-8:30pm	<b>MC Technique (Upstairs)</b> 7:00pm	<b>MC Sparring (Upstairs)</b> 8:00pm-8:30pm	<b>GC T Prep Drills</b> 7:00pm	
<b>MC Fight Sim</b> 8:00pm	<b>Gracie Combatives</b> 8:00pm	<b>MC Sparring (Upstairs)</b> 8:00pm-8:30pm	<b>Gracie Combatives</b> 8:00pm		