




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gracie Combatives 11:00am	GC Reflex Development 11:00am	Gracie Combatives 11:00am		Women Empowered 9:00am
	MC Technique 12:00pm	MC Technique 12:00pm	MC Technique 12:00pm		Mat Munchkins (3-5 yrs) 10:30am
	MC Sparring 1:00pm-1:30pm	MC Spar/Fight Sim 1:00pm-1:30pm	MC Sparring 1:00pm-1:30pm		Little Champs (6-8 yrs) 11:00am
					Jr. Grapplers (9-13 yrs) 12:00pm
Little Champs (6-8 yrs) 4:00pm		Little Champs (6-8 yrs) 4:00pm			
Jr. Grapplers (9-13 yrs) 5:00pm	Black Belt Club (Kids) <i>*Invitation only</i> 5:00pm	Jr. Grapplers (9-13 yrs) 5:00pm	Black Belt Club (Kids) <i>*Invitation only</i> 5:00pm		
Level Up Fitness (upstairs) 5:00pm		Level Up Fitness (upstairs) 5:00pm		Yoga 5:00pm	
Gracie Combatives 6:00pm	Women Empowered 6:00pm	Gracie Combatives 6:00pm	Women Empowered 6:00pm	MC Sparring & GC Drilling 6:00pm	
Muay Thai Kickboxing 7:00pm	Level Up Fitness 7:15pm	Muay Thai Kickboxing 7:00pm	Level Up Fitness 7:15pm	Muay Thai Kickboxing <i>*Advanced Invite Only</i> 7:00pm	
	MC Technique 7:00pm		MC Technique 7:00pm	GC Reflex Development 7:00pm	
MC Review 8:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm	MC Technique 8:00pm	MC Sparring (Upstairs) 8:00pm-8:30pm		
MC Fight Sim 9:00pm-9:30pm	Gracie Combatives 8:00pm	MC Sparring 9:00pm-9:30pm	Gracie Combatives 8:00pm		