

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Gracie Combatives® (Gi) (6:00 AM - 7:00 AM)	Master Cycle® (Gi/Nogi) (6:00 AM - 7:00 AM)	Gracie Combatives® (Gi) (6:00 AM - 7:00 AM)	Gracie Combatives® (Gi) & RD Class (6:00 AM - 7:00 AM)		Closed
6:30 AM							
7:00 AM		MC® Sparring/GC Drilling	MC® Sparring	MC® Sparring/GC Drilling	MC® Sparring/GC Drilling		
7:30 AM							
8:00 AM						Women Empowered® (8:00 AM - 9:15 AM)	
8:30 AM						Little Champs® (9:20 AM - 10:05 AM)	
9:00 AM						Junior Grapplers® (10:05 AM - 10:55 AM)	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	Gracie Combatives® (Gi) (11:00 AM - 12:00 PM)	Master Cycle® (Gi) (11:00 AM - 11:55 AM)	Gracie Combatives® (Gi) (11:00 AM - 12:00 PM)	Master Cycle® (Nogi) (11:00 AM - 11:55 AM)	Gracie Combatives® (Gi) & RD Class (11:00 AM - 12:00 PM)	Gracie Combatives® (Gi) (11:00 AM - 12:00 PM)	
11:30 AM							
12:00 PM	MC® Sparring/GC Drilling	MC® (Gi Sparring)	MC® Sparring/GC Drilling	MC® (NoGi Sparring)	MC® Sparring/GC Drilling	Master Cycle® (Gi/Nogi) (12:10 PM - 1:00 PM)	
12:30 PM						Master Cycle Sparring & RD (1:00 PM - 2:00 PM)	
1:00 PM							
1:30 PM							
4:30 PM	Little Champs® Ages 4-8 (4:30 PM - 5:15 PM)		Little Champs® Ages 4-8 (4:30 PM - 5:15 PM)		Little Champs® Ages 4-8 (4:30 PM - 5:15 PM)		
5:00 PM		Women Empowered® (5:15 PM - 6:25 PM)					
5:30 PM	Junior Grapplers® Ages 9-12 (5:20 PM - 6:20 PM)		Junior Grapplers® Ages 9-12 (5:20 PM - 6:20 PM)		Junior Grapplers® Ages 9-12 (5:20 PM - 6:20 PM)		
6:00 PM							
6:30 PM	Gracie Combatives® (Gi) (6:30 PM - 7:30 PM)	Master Cycle® (Nogi) (6:30 PM - 7:25 PM)	Gracie Combatives® (Gi) (6:30 PM - 7:30 PM)	Master Cycle® (Gi) (6:30 PM - 7:25 PM)	Gracie Combatives® (Gi) & RD Class (6:30 PM - 7:30 PM)		
7:00 PM							
7:30 PM	Master Cycle® (Gi) (7:35 PM - 8:25 PM)	MC® (Nogi Sparring)	Master Cycle® (Nogi) (7:35 PM - 8:25 PM)	MC® (Gi Sparring)	Master Cycle® (Nogi Fight Simulation) (7:35 PM - 8:25 PM)		
8:00 PM		Gracie Combatives® (Gi) (8:00 PM - 9:00 PM)		Gracie Combatives® (Gi) (8:00 PM - 9:00 PM)			
8:30 PM	MC® (Gi Sparring)		MC® (Nogi Sparring)		MC® (Fight Sim Sparring)		



CLASSES OFFERED

Gracie Combatives®

Master Cycle®

Little Champs®

Junior Grapplers®

Requirements:

ALL ADULT MEMBERS PERMITTED (Wear White Gi & Rashguard)

Gracie Combatives Belts and Up. Technique & Sparring Classes are separate.

Ages 4-8 Gracie Games & Character Development

Ages 9-12 or younger by exception. Junior Combatives® & Character Development