



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GRACIE COMBATIVES	5:30 am - 6:30 am		5:30 am - 6:30 am		5:30 am - 6:30 am	
	11:00 am - 12:00 pm	11:00 am - 12:00 pm	11:00 am - 12:00 pm		11:00 am - 12:00 pm	
	6:30 pm - 7:30 pm		6:30 pm - 7:30 pm	6:30 pm - 7:30 pm		
REFLEX DEVELOPMENT				11:00 am - 12:00 pm		
MASTER CYCLE		5:30 am - 7:00 am		5:30 am - 7:00 am		
	12:15 pm - 1:45 pm	12:15 pm - 1:45 pm	12:15 pm - 1:45 pm			
	7:30 pm - 9:00 pm		7:30 pm - 9:00 pm			
MASTER CYCLE Fundamentals				12:15 pm - 1:15 pm		
WOMEN EMPOWERED		9:30 am - 10:30 am		9:30 am - 10:30 am		9:00 am - 10:00 am
		6:30 pm - 7:30 pm				
Gracie BULLYPROOF Little Champs (Ages 5-7)						10:30 am - 11:15 am
		4:00 pm - 4:45 pm		4:00 pm - 4:45 pm		
Gracie BULLYPROOF Junior Grapplers (Ages 8-13)						11:45 am - 12:45 pm
		5:15 pm - 6:15 pm	5:15 pm - 6:15 pm	5:15 pm - 6:15 pm		
Gracie BULLYPROOF Junior Grapplers Advanced						
	4:00 pm - 5:00 pm		4:00 pm - 5:00 pm		4:00 pm - 5:00 pm	
GRACIE BLACK BELT CLUB						1:00 pm - 2:00 pm
	5:15 pm - 6:15 pm				5:15 pm - 6:15 pm	
BUDOKON Mixed Movement Training						8:15 am - 8:45 am