



# BELL CLASS SCHEDULE

3607 E Bell Rd., Suite 8, Phoenix, AZ 85032

**(480) 339-9019**



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Gracie Combatives</b>	11:00 am - 12:00 pm		11:00 am - 12:00 pm	11:00 am - 12:00 pm		
	6:30 pm - 7:30 pm	6:00 pm - 7:00 pm	6:30 pm - 7:30 pm			
<b>Reflex Development</b>		11:00 am - 12:00 pm				
			7:30 pm - 8:30 pm			
<b>THE Master Cycle</b>		12:15 pm - 1:45 pm		12:15 pm - 1:45 pm		
		7:15 pm - 8:45 pm		7:15 pm - 8:45 pm		
<b>THE Master Cycle Fundamentals</b>						
	7:45 pm - 8:45 pm					
<b>Women Empowered</b>	9:30 am - 10:30 am		9:30 am - 10:30 am			
				6:00 pm - 7:00 pm		
<b>Gracie BULLYPROOF</b> Little Champs (Ages 5-7)	4:00 pm - 4:45 pm		4:00 pm - 4:45 pm			12:00 pm - 12:45 pm
<b>Gracie BULLYPROOF</b> Junior Grapplers (Ages 8-13)	5:15 pm - 6:15 pm		5:15 pm - 6:15 pm			10:30 am - 11:30 am
<b>Black Belt Club</b> (Advanced Kids)						
<b>Budokon</b> Mixed Movement Training						