



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GRACIE COMBATIVES™	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			
REFLEX DEVELOPMENT						7:30 am – 8:30 am
		11:00 am – 12:00 pm				
			7:30 pm – 8:30 pm			
FIGHT SIM						
		7:15 pm – 8:15 pm				
WOMEN EMPOWERED™	9:30 am – 10:30 am		9:30 am – 10:30 am			
				6:00 pm – 7:00 pm		
Gracie BULLYPROOF™						
Little Champs (Ages 5-7)						12:00 pm – 12:45 pm
	4:00 pm – 4:45 pm		4:00 pm – 4:45 pm			
Gracie BULLYPROOF™						
Junior Grapplers (Ages 8-13)						10:30 am – 11:30 am
	5:15 pm – 6:15 pm		5:15 pm – 6:15 pm			