



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GRACIE COMBATIVES					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			
MASTER CYCLE						
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			