

Weekly Schedule



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
06:00AM		Gracie Combatives	Master Cycle (Gi)	Gracie Combatives	Master Cycle (Nogi)		Closed
07:00AM			MC Sparing		MC Sparing	08:00 AM Women Empowered	
10:00AM						09:00 AM Little Champs	
11:00AM	GC Reflex Develop	Master Cycle (Gi)	Gracie Combatives	Master Cycle (Nogi)	Gracie Combatives	10:10 AM Jr. Grapplers	
12:00PM	Master Cycle (Nogi)	MC Sparing	Master Cycle (Gi)	MC Sparing	Master Cycle (Nogi)	11:15 AM Gracie Combatives	
04:15PM	Little Champs		Little Champs		Little Champs (Nogi)	12:20 PM Master Cycle (Gi)	
05:20PM	Jr. Grapplers	Women Empowered	Jr. Grapplers	Women Combatives/ GC RD	Jr. Grapplers (Nogi)	01:00 PM MC Open Mat	
06:30PM	Gracie Combatives	Master Cycle (Nogi)	Gracie Combatives	Master Cycle (Gi)	GC Reflex Develop		
07:30PM	Master Cycle (Gi)	MC Sparing	Master Cycle (Nogi)	MC Sparing	All levels Muay Thai		
08:00PM	MC Sparing	Gracie Combatives	MC Sparing	Gracie Combatives			

- Adult Beginner
- Adult Advanced
- Adult Review
- Adult Women Only
- Ages 5-8
- Ages 9-12
- Adult Beginner