





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Jr. Grapplers (8-13 yrs) 9:00am - 9:50am
					Gracie Combatives (Adult Beginners) 10:00am - 11:00am
Little Champs (5-7 yrs) 4:00pm - 4:45pm	Mat Munchkins (Kids 3-5 yrs) 4:15pm - 4:45pm		Little Champs (5-7 yrs) 4:00pm - 4:45pm		MC Technique (Adult Advanced) 11:00am - 12:00pm
Jr. Grapplers (8-13 yrs) 5:00pm - 5:50pm	Black Belt Club (By invitation only) 5:00pm - 5:50pm		Jr. Grapplers (8-13 yrs) 5:00pm - 5:50pm		MC Open Mat (All ranks) 12:00pm - 1:00pm
	MC Technique (Adult Advanced) 6:00pm - 7:00pm		MC Technique (Adult Advanced) 6:00pm - 7:00pm		
Gracie Combatives (Adult Beginners) 6:30pm - 7:30pm	MC Sparring 7:00pm - 7:30pm		MC Sparring 7:00pm - 7:30pm		
GC Reflex Development (Adults 3 stripes min) 7:40pm - 8:40pm	Gracie Combatives (Adult Beginners) 7:40pm - 8:40pm		Gracie Combatives (Adult Beginners) 7:40pm - 8:40pm		

Gracie Combatives – Beginner level (no experience necessary)

MC (Master Cycle) Technique – Advanced level (Combatives Belts, Blue Belts and up)