

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						
5pm	BULLYPROOF®					
6pm		GRACIE COMBATIVES®		GRACIE COMBATIVES®		
7pm	GRACIE COMBATIVES®	WOMEN EMPOWERED®				
8pm						

* Schedule subject to change without notice.