



GRACIE SOUTH BAY - MAT 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|
| All Levels Gi 7:00AM - 8:00AM HENRY | All Levels Gi 7:00AM - 8:00AM HENRY | All Levels Gi 7:00AM - 8:00AM HENRY | All Levels Gi 7:00AM - 8:00AM HENRY | | BootCamp Circuit Training 9:30AM - 10:15AM MAXINE |
| | Beginner Muay Thai 10:00 AM-11:00 AM DREW | | Beginner Muay Thai 10:00 AM-11:00 AM DREW | | Women's Class 10:30AM - 11:30AM Maxine |
| | | Kids Wrestling Competition Team 4:00 PM-5:00 PM | | | |
| Beginner Muay Thai 5:00 PM-6:00 PM DREW | | Beginner Muay Thai 5:00 PM-6:00 PM DREW | | Beginner Muay Thai 5:00 PM-6:00 PM DREW | |
| | NOGI 6:00PM - 7:00PM HENRY | | NOGI 6:00PM - 7:00PM HENRY | | |
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