



GRACIE SOUTH BAY - MAT 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels Gi 7:00AM - 8:30AM	All Levels Gi 7:00AM - 8:30AM	All Levels Gi 7:00AM - 8:30AM	All Levels NOGI 7:00AM - 8:30AM		BootCamp Circuit Training 10:00AM - 10:45AM
	Beginner Muay Thai 10:00 AM-11:00 AM		Beginner Muay Thai 10:00 AM-11:00 AM		Women's Class 11:00AM - 12:00PM
		Kids Wrestling Competition Team 4:00 PM-5:00 PM			
Beginner Muay Thai 5:00 PM-6:00 PM		Beginner Muay Thai 5:00 PM-6:00 PM		Beginner Muay Thai 5:00 PM-6:00 PM	
	NOGI 6:00PM - 7:00PM		NOGI 6:00PM - 7:00PM		