

Gracie Martial Arts Tampa Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 - 07:00	Combatives 6-7am	Master Cycle 6-7am	Combatives 6-7am	Master Cycle 6-7am	Closed Friday	
07:00 - 08:00	Master Cycle 7-8:30am	Combatives 7-8am	Master Cycle 7-8:30am	Combatives 7-8am		
08:00 - 09:00				Reflex Development 8-9am		Combatives 8-9am
09:00 - 10:00						Reflex Development 9-10am
10:00 - 11:00						Master Cycle 10-11:30am
11:00 - 12:00						
12:00 - 13:00		Master Cycle 12-1pm		Master Cycle 12-1pm		Bully Proof 8-12 12-1pm
13:00 - 14:00		Drill Hour: All Students 1-2pm		Drill Hour: All Students 1-2pm		
14:00 - 15:00						
15:00 - 16:00						
16:00 - 17:00		Bully Proof 5-7 4-5pm		Bully Proof 5-7 4-5pm		
17:00 - 18:00		Bully Proof 8-12 5-6pm		Bully Proof 8-12 5-6pm		
18:00 - 19:00	Women Empowered 6-7pm	Combatives 6-7pm	Women Empowered 6-7pm	Combatives 6-7pm		
19:00 - 20:00	Combatives 7-8pm	Master Cycle 7-8:30pm		Master Cycle 7-8:30pm		
20:00 - 21:00	Master Cycle 8-9:30pm					
21:00-21:30						