



GRACIE JIU-JITSU[®]

INDIANAPOLIS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1. RD classes will now be every Friday <u>EXCEPT</u> the 1st Friday of the month.</p> <p>2. WE: THE LAB is now open on Wednesday nights for ladies with 3+ pink stripes.</p>		Private Classes Available	Gracie Combatives 12:00pm-1:00pm	Private Classes Available	Master Cycle 10:00am-11:30am	
	Gracie Combatives 12:00pm - 1:00pm					Gracie Combatives 11:30am-12:30pm
	Master Cycle NoGi 1:00pm - 2:00pm				Master Cycle NoGi 1:00pm - 2:00pm	Women Empowered 12:30pm-1:30pm
	Junior Grapplers 5:30pm - 6:20pm	Little Champs (5-7) 5:30pm-6:20pm	Junior Grapplers 5:30pm - 6:20pm	Little Champs (5-7) 5:30pm-6:20pm		
	Gracie Combatives 6:30pm - 7:30pm	Women Empowered 6:30pm-7:30pm	Master Cycle 6:30pm-8:00pm	Reflex Development 6:30pm - 7:30pm (<u>Except 1st Friday of the month</u>)		
	MC Fundamentals 7:30pm - 8:30pm	WE: THE LAB 7:30pm - 8:00pm	Gracie Combatives 8:00pm-9:00pm			
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