



# Gracie Jiu-Jitsu

## The Home of Self Defence

MON	TUES	WED	THURS	FRI	SAT	SUN
	MASTER CYCLE TECHNIQUE 5:30AM-6:00AM	MASTER CYCLE TECHNIQUE 5:30AM-6:00AM	MASTER CYCLE TECHNIQUE 5:30AM-6:00AM			
	GRACIE COMBATIVES® 6:00AM-7:00AM	MASTER CYCLE/ GRACIE COMBATIVES® REFLEX DEVELOPMENT 6:00AM-7:00AM	GRACIE COMBATIVES® 6:00AM-7:00AM			
					MASTER CYCLE TECHNIQUE & SPARRING 7:00AM-8:00AM	MASTER CYCLE TECHNIQUE & SPARRING 7:00AM-8:00AM
					GRACIE COMBATIVES® 8:00AM-9:00AM	GRACIE COMBATIVES® REFLEX DEVELOPMENT 8:00AM-9:00AM
					GRACIE BULLYPROOF® (BLACK BELT CLUB) 9:00AM-10:00AM	GRACIE COMBATIVES® 9:00AM-10:00AM
						GRACIE BULLYPROOF® (ALL AGES) 10:00AM-11:00AM
						WOMEN EMPOWERED® (BRING-A-FRIEND) 11:00AM-12:00PM
						WOMEN EMPOWERED® REFLEX DEVELOPMENT 12:00PM-1:00PM
					GRACIE BULLYPROOF® LIL CHAMPS (5-7 YRS) 3:00PM-4:00PM	
	GRACIE BULLYPROOF® LIL CHAMPS (5-7 YRS) 4:00PM-5:00PM		GRACIE BULLYPROOF® LIL CHAMPS (5-7 YRS) 4:00PM-5:00PM		GRACIE BULLYPROOF® JUNIOR GRAPPLERS (8-14 YRS) 4:00PM-5:00PM	
	GRACIE BULLYPROOF® JUNIOR GRAPPLERS (8-14 YRS) 5:00PM-6:00PM		GRACIE BULLYPROOF® JUNIOR GRAPPLERS (8-14 YRS) 5:00PM-6:00PM			
STRIKING SKILLS 6:20 PM – 6:50PM	WOMEN EMPOWERED® (BRING-A-FRIEND) 6:30PM-7:30PM	STRIKING SKILLS 6:20 PM – 6:50PM	PRIVATE LESSONS 6:30 – 7:30	STRIKING SKILLS 6:20 PM – 6:50PM		
GRACIE COMBATIVES® 7:00PM-8:00PM	GRACIE COMBATIVES® 7:30PM-8:30PM	GRACIE COMBATIVES® (BRING-A-FRIEND) 7:00PM-8:00PM	PRIVATE LESSONS 7:30 – 8:30	GRACIE COMBATIVES® 7:00PM-8:00PM		
GRACIE COMBATIVES® REFLEX DEVELOPMENT 8:00PM-9:00PM	MASTER CYCLE TECHNIQUE & SPARRING 8:30PM-9:30PM	MASTER CYCLE TECHNIQUE 8:00PM-9:00PM	PRIVATE LESSONS 8:30 – 9:30	MASTER CYCLE TECHNIQUE 8:00PM-9:00PM		
MASTER CYCLE TECHNIQUE & SPARRING 9:00PM-10:00PM		MASTER CYCLE SPARRING 9:00PM-9:30PM		MASTER CYCLE SPARRING 9:00PM-9:30PM		

Gracie Bullyproof, Women Empowered and Gracie Combative are copyright names.

### SIX THINGS EVERY STUDENT SHOULD KNOW...

- 1 RESPECT EVERYTHING AND EVERYONE AT THE ACADEMY
- 2 ASK QUESTIONS EVERY CHANCE YOU GET WITH EVERYONE
- 3 ARRIVE 10-15 MINUTES EARLY TO CLASS
- 4 WASH YOUR GI AFTER EVERY CLASS
- 5 LEARN FROM EVERYONE AND SHARE
- 6 INTRODUCE YOUR FRIENDS TO GRACIE JIU-JITSU

**10-DAY  
FREE TRIAL**  
SATISFACTION GUARANTEED!

Absolutely no experience is necessary and  
you will love the classes – we guarantee it!  
Speak to a receptionist about  
starting your 10-day trial today!

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