




10-Day Free Trial – Satisfaction Guaranteed!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					StreetSMART 8:00am-9:00am
					FITJitsu 9:00am-10:00pm
					Gracie Combatives 10:00am-11:00am
		Women Empowered 11:00am-12:00pm			BBS1 Drills (from Jan '22) 11:00am-12:00pm
Gracie Combatives 12:00pm-1:00pm		GC Reflex Development 12:00pm-1:00pm		Gracie Combatives 12:00pm-1:00pm	
MC Technique (GI) 1:00pm-2:00pm				MC Technique (GI) 1:00pm-2:00pm	
	Little Champs (4-7 yrs) 4:30pm-5:00pm		Little Champs (4-7 yrs) 4:30pm-5:00pm		
Black Belt Club (Kids) 5:00pm-6:00pm	Jr. Grapplers (7-12 yrs) 5:00pm-6:00pm		Jr. Grapplers (7-12 yrs) 5:00pm-6:00pm	Black Belt Club (Kids) 5:00pm-6:00pm	
Gracie Combatives 6:00pm-6:45pm	Gracie Combatives 6:00pm-7:00pm	Women Empowered 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	
GC Reflex Development 6:45pm-7:30pm	MC Technique (GI) 7:00pm-7:45pm	Movement & Mobility 7:00pm-8:00pm	MC Technique (GI) 7:00pm-7:45pm	MC Technique (GI) 7:00pm-7:45pm	
MC Technique (NO GI) 7:30pm-8:15pm MC Fight Simulation (No-gi, Gloves, Mouthpiece) 8:15pm-8:45pm	MC Sparring (GI) 7:45pm-8:30pm		MC Sparring (GI) 7:45pm-8:30pm	MC Sparring (GI) 7:45pm-8:30pm	

At most jiu-jitsu schools, they'll let you try one class before you sign up. At our school, we prefer that you try our programs for 10 days before you make an enrollment decision. We will provide you with a loan gi (uniform) and give you full access to our beginner programs for 10 calendar days. Assuming you love everything about our school, you can enroll after the trial period. If it's not *exactly* what you're looking for, simply let us know and you won't be charged for anything. No experience is necessary, and you will love the classes – we guarantee it. Speak to a team member about starting your 10-day free trial today!

Six Things Every Student Should Know

1. Respect everything and everyone at the school
2. Ask questions every chance you get
3. Arrive 10-15 minutes early to class
4. Wash your GI after every class
5. Learn from everyone and share with everyone
6. Introduce your friends to Gracie Jiu-Jitsu