


# Gracie Jiu-Jitsu Academy

www.graciejiujitsushepparton.com.au | Level 1, 74 Knight Street, Shepparton | 0418149569 - 0439659992

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MC Tech &amp; Spar</b> 5:30am-7:00am Qualifying Students only	<b>MC Tech &amp; Spar Advanced</b> 5:30am-7:00am Approved Students only	<b>MC Tech &amp; Spar</b> 5:30am-7:00am Qualifying Students only	<b>MC Tech &amp; Spar Advanced</b> 5:30am-7:00am Approved Students only	<b>MC Fight Simulation</b> (No-gi, Gloves, Mouth Piece) 5:30am-7:00am Qualifying Students only	<b>MC Tech &amp; Spar</b> 6:00am-7:30am Qualifying Students only
					<b>GC Reflex Development</b> 7:30am-8:30am
					<b>Gracie Combatives</b> 8:30am-9:30am
<b>Little Champs (5-7 yrs)</b> 4:30pm-5:30pm		<b>Little Champs (5-7 yrs)</b> 4:30pm-5:30pm		<b>Little Champs (5-7 yrs)</b> 4:30pm-5:30pm	
<b>Jr. Grapplers (8-13 yrs)</b> 5:30pm-6:30pm	<b>Kids Black Belt Club</b> 5:00pm-6:00pm	<b>Jr. Grapplers (8-13 yrs)</b> 5:30pm-6:30pm		<b>Jr. Grapplers (8-13 yrs)</b> 5:30pm-6:30pm	
<b>Gracie Combatives</b> 6:30pm-7:30pm	<b>GC Reflex Development</b> 6:00pm-7:00pm	<b>Women Empowered</b> (Bring-a-friend Class) 6:30pm-7:30pm	<b>Gracie Combatives</b> (Bring-a-friend Class) 6:00pm-7:00pm	<b>Gracie Combatives</b> 6:30pm-7:30pm	
	<b>MC Technique</b> 7:00pm-8:00pm	<b>Gracie Combatives</b> (Bring-a-friend Class) 7:30pm-8:30pm	<b>MC Technique</b> 7:00pm-8:00pm	<b>Women Empowered</b> (Invitation Only – In Private Room) 5:00pm-6:00pm	
	<b>MC Spar</b> 8:00pm-8:30pm		<b>MC Spar</b> 8:00pm-8:30pm		

## 10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At the Gracie Academy, however, we prefer that you try our programs for 10 days before you make a decision, so that you are 100% certain our that they are right for you. We will provide you with a gi (uniform) and give you full access to any of our beginner programs for a full 10 days. Assuming you love the techniques, the instructors, and the overall vibe of the Academy, you can sign up after the trial period. If for any reason it doesn't work out – due to work, traffic, scheduling, or anything else – simply return the uniform, and we won't charge you a thing! 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!

## Six Things Every Student Should Know...

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