



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Combatives 11:00am-12:00pm		Gracie Combatives 11:00am-12:00pm			Women Empowered (Bring-a-friend Class) 10:00am-11:00am
GC Reflex Development 12:00pm-1:00pm		Master Cycle 12:00pm-1:00pm			Jr. Grapplers (8-12 yrs) 11:15am-12:15pm
		MC Sparring 1:00pm-1:30pm			Gracie Combatives (Bring-a-Friend Class) 12:30pm-1:30pm
Little Champs (5-7 yrs) 3:30pm-4:15pm		Little Champs (5-7 yrs) 3:30pm-4:15pm			GC Reflex Development 1:30pm-2:30pm
Jr. Grapplers (8-12 yrs) 4:30pm-5:15pm	Jr. Grapplers (8-12 yrs) 4:30pm-5:15pm	Jr. Grapplers (8-12 yrs) 4:30pm-5:15pm	Jr. Grapplers (8-12 yrs) 4:30pm-5:15pm		Master Cycle 2:30pm-3:30pm
Women Empowered 5:30pm-6:30pm	Black Belt Club (Kids) 5:30pm-6:20pm	Open Mat 5:30pm-6:20pm	Club Black Belt (Kids) 5:30pm-6:20pm		
Master Cycle 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	Master Cycle 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm		
MC Sparring 7:30pm-8:00pm	Master Cycle 7:45pm-8:45pm	MC Sparring 7:30pm-8:00pm	GC Reflex Development 7:30pm-8:30pm		
Gracie Combatives 8:30pm-9:30pm	MC Sparring 8:45pm-9:15pm	Gracie Combatives (Bring-a-friend Class) 8:30pm-9:30pm			

10-Day Free Trial – Satisfaction Guaranteed!

Most Jiu-Jitsu schools will 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 gi (deposit required) 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 return the uniform, 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