



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Open Mat 8:00am-8:45am
					Women Empowered (Bring-a-friend Class) 9:00am-10:15am
					Gracie Combatives 10:15am-11:30am
	Jr. Grapplers (8-12 yrs) 4:15pm-5:15pm	Little Champs (5-7 yrs) 4:15pm-5:15pm	Jr. Grapplers (8-12 yrs) 4:15pm-5:15pm		
Little Champs (5-7 yrs) 4:15pm-5:15pm	Black Belt Club 5:30pm-6:30pm	Women Empowered 5:30pm-6:45pm	Black Belt Club 5:30pm-6:30pm	Reflex Development 5:30pm-6:30pm	
Gracie Combatives 5:30pm-6:45pm	MC Technique 6:30pm-7:30pm	Gracie Combatives 6:45pm-8:00pm	MC Technique 6:30pm-7:30pm	MC Fundamentals 6:30pm-7:45pm	
MC Technique (No-gi) 7:00pm-8:00pm	MC Sparring 7:30pm-8:00pm	MC Technique 8:00pm-8:45pm	MC Sparring 7:30pm-8:00pm		
MC Sparring (No-gi) 8:00pm-8:30pm	Gracie Combatives 8:00pm-9:15pm	MC Sparring 8:45pm-9:15pm	Gracie Combatives 8:00pm-9:15pm		

10-Day Free Trial – Satisfaction Guaranteed!

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 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 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