GRACIE JIU-JITSU®
ST. GEORGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MC Fundamentals 8:00am-9:00am
					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-6:30pm	**Black Belt Club** 5:30pm-6:30pm		
Gracie Combatives 5:30pm-6:45pm	**MC Technique** 6:30pm-7:30pm	**Gracie Combatives** 6:45pm-7:45pm	**MC Technique** 6:30pm-7:30pm		
MC Technique (No-gi) 7:00pm-8:00pm	**MC Sparring** 7:30pm-8:00pm	**MC Technique** 7:45pm-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	**Reflex Development** 8:00pm-9:00pm		

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