GRACIE JIU-JITSU®
AZ ZAHRA'A

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Champs (5-7 yrs) 4:30pm-5:30pm	**Jr. Grapplers** (7-12 yrs) 4:30pm-5:30pm	**Little Champs** (5-7 yrs) 4:30pm-5:30pm	**Jr. Grapplers** (7-12 yrs) 4:30pm-5:30pm		
Mat Munchkins (3-5 yrs) 5:30pm-6:30pm	**Black Belt Prep** (Kids) Invitation Only 5:30pm-6:30pm	**Black Belt Club** (13+) Invitation Only 5:30pm-6:30pm	**Black Belt Prep** (Kids) Invitation Only 5:30pm-6:30pm	**Black Belt Club** (13+) Invitation Only 5:30pm-6:30pm	
MC Technique 6:30pm-7:30pm	**Gracie Combatives** 6:30pm-7:30pm	**MC Technique** 6:30pm-7:30pm	**Gracie Combatives** 6:30pm-7:30pm	**MC Fundamentals** 6:30pm-7:30pm	
MC Sparring 7:30pm-8:00pm	**GC Reflex Development** 7:30pm-8:30pm	**MC Sparring** 7:30pm-8:00pm	**MC Technique** 7:30pm-8:30pm	**Gracie Combatives** (Bring-a-friend Class) 7:30pm-8:30pm	
Gracie Combatives (Bring-a-friend Class) 8:00pm-9:00pm	**MC Technique & Spar** 8:30pm-9:30pm	**Gracie Combatives** (Bring-a-friend Class) 8:00pm-9:00pm	**MC Sparring** 8:30pm-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

4538 Hilmi Kutbi 2nd Floor, Jeddah 23521 | (+966) 50-568-4500 | www.GracieUniveristy.com/Azzahra'a | Management@gjjazzahraa.com