



Class Time (M-F) 1Hr	<u>Monday</u>	<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	<u>Saturday</u>	
7:00 AM		Combatives		Combatives RD		Combatives		Combatives	Open Mat 9-10 AM	
5:00 PM	Little Champs	Little Champs		Little Champs		Little Champs + Parent		Little Champs	Combatives 10-11 AM	Women Empowered* 10-11 AM
6:00 PM	Jr. Grapplers	Jr. Grapplers		Jr. Grapplers		Jr. Grapplers + Parent		Jr. Grapplers	Little Champs 11 AM -12 PM	
7:00 PM	Combatives	Master Cycle	Women Empowered	Combatives	Black Belt Club (Kids)	Master Cycle Fight Sim	Women Empowered	Combatives RD	Jr. Grapplers 12-1 PM	
8:00 PM		Combatives		Master Cycle Sparring		Combatives				

Combatives = Beginners at Gracie Jiu-Jitsu or White belt (14+ yrs old).

Master Cycle (MC) = Requires Combatives/Blue or Higher Belts (14+ yrs old).

Women Empowered (WE): Ladies only. Self-Defense based on Jiu-Jitsu 13+ yrs old.

**Saturday classes are offered every other Saturday. See WE schedule.*

Black Belt Club = Kids 11-14 yrs. Starts at White & Yellow Belt, +3 Character Badges.

Little Champs = Kids 5-7 yrs old

Jr. Grapplers = Kids 8-13 yrs old

Open Mat: Welcome Members and Visitors to roll together - Requires Combatives/Blue or Higher Belts.

Reflex Development (RD): Requires 2 checks in all Combatives techniques.

Sparring: grappling practice to improve skills, to study the opponents' fighting styles, and seek submission.

Private Classes: 30 minutes or 1 hour. One-on-one with the Instructor of your choice. Additional cost beyond membership fee - paid directly to the Instructor.

10-Day Trial - Satisfaction Guaranteed!

Most schools have a one-day trial before you sign up. At our gym, we want you to try our classes for 10 calendar days before becoming a member (deposit required for the uniform). Pick your program of interest and reserve the first day of your pass and enjoy as many classes as you can fit in your schedule for 10 calendar days. Start Today - See you on the mat!