



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Women Empowered (Bring-a-friend Class) 8:00am-9:00am
Gracie Combatives 11:00am-12:00pm		Gracie Combatives 11:00am-12:00pm		Gracie Combatives 11:00am-12:00pm	Little Champs (5-7 yrs) 9:00am-9:45am
MC Technique 12:00pm-1:00pm		MC Technique 12:00pm-1:00pm		MC Technique 12:00pm-1:00pm	Jr. Grapplers (8-12 yrs) 10:00am-11:00am
MC Sparring 1:00pm-1:30pm		MC Sparring 1:00pm-1:30pm		MC Sparring 1:00pm-1:30pm	Gracie Combatives (Bring-a-Friend Class) 11:00am-12:00am
	Little Champs (5-7 yrs) 4:00pm-4:45pm		Little Champs (5-7 yrs) 4:00pm-4:45pm		Gracie Combatives Reflex Development 12:00pm-1:00pm
	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Women Empowered Reflex Development 5:00pm-6:00pm	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm		
Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	Women Empowered 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm		
MC Technique 7:00pm-8:00pm	MC Technique 7:00pm-8:00pm	Gracie Combatives Reflex Development 7:00pm-8:00pm	MC Technique (No-gi) 7:00pm-8:00pm		
	MC Sparring 8:00pm-8:30pm		MC Fight Simulation (No-gi, Gloves, Mouthpiece) 8:00pm-8:30pm		

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