




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gracie Combatives 9:30am-10:30am			MC Tech & Sparring (No-gi) 8:00am-9:00am
		MC Tech & Sparring 10:30am-11:30am			Gracie Combatives 9:00am-10:00am
					Women Empowered (Bring-a-friend Class) 10:00am-11:00am
					Little Champs (5-7 yrs) 11:00am-12:00pm
	Mat Munchkins (3-5 yrs) 4:30pm – 5:00pm		Little Champs (5-7 yrs) 4:30pm-5:30pm		Jr. Grapplers (8-12 yrs) 12:30pm-1:30pm
	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Black Belt Club (Invitation Only) 4:30pm – 5:30pm	Women Empowered 5:30pm-6:30pm	CLOSED	
	Master Cycle Technique (No-gi) 6:00pm-7:00pm	Gracie Combatives 5:30pm – 6:30pm	Gracie Combatives (Bring-a-Friend Class) 6:30pm – 7:30pm	CLOSED	
	MC Sparring (No-gi) 7:00pm-7:30pm	Reflex Development 6:30pm – 7:30pm	MC Technique 7:30pm – 8:30	CLOSED	
	Gracie Combatives 7:30pm-8:30pm	MC Fundamentals 7:30pm – 8:30pm	MC Sparring 8:30pm - 9:00pm	CLOSED	

10-Day Free Trial

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

TIMETABLE CHANGE AS OF 7th OCTOBER 2024