



NOVEMBER 2023 (Jr. Grapplers: JG, Little Champs: LC, Mat Munckins: MM)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 JG: 6PM Bring A Friend	29 LC: 6PM	30 JG: 6PM	1	2. MM: 10:05AM LC:10:40AM JG:11:45AM Bring A Friend
4	5 JG: 6PM Bring A Friend	6 LC: 6PM	7 JG: 6PM	8	9 MM: 10:05AM LC:10:40AM JG:11:45AM Bring A Friend
11	12 JG: 6PM Bring A Friend	13 LC: 6PM	14 JG: 6PM	15	16 MM: 10:05AM LC:10:40AM JG:11:45AM Bring A Friend
18	19 JG: 6PM Bring A Friend	20 LC: 6PM	21 JG: 6PM	22	23 NO CLASS
25	26 JG: 6PM Bring A Friend	27 LC: 6PM	28 JG: 6PM	29	30 MM: 10:05AM LC:10:40AM JG:11:45AM Bring A Friend

Powerful Character Development

In addition to unshakable confidence, our goal is to develop your child's character to ensure success in all aspects of life. There are six chapters in the Gracie Character Development Program: Responsibility, Health, Respect, Citizenship, Manners, and Caring. We spend two months on each chapter, and during each class we dedicate a few minutes to discussing the featured character trait and the simple things your child can do to make it part of their everyday lives. The secret to our success is in a unique point-based reward system that we created to excite kids about making daily progress!

Free Subscription to GracieUniversity.com

Once your child is enrolled in the Gracie Bullyproof program, you qualify for a free subscription to GracieUniversity.com, our interactive online learning center for Gracie Bullyproof. With comprehensive videos covering every technique your child learns in class, you and your child can use your online access to review past lessons and learn new techniques – from home!

10-Day Free Trial – Satisfaction Guaranteed!

In order to ensure that your child is having fun and that you love every aspect of our program, we invite you to take advantage of our free 10-day trial before signing up. We'll provide the uniform and the class, and all you have to do is show up. Speak to a receptionist to get started today!