



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Master Cycle (No-gi) 9:00am-10:00am
Gracie Combatives 11:00am-12:00pm	Gracie Combatives 11:00am-12:00pm	Gracie Combatives (Bring-a-friend Class) 11:00am-12:00pm			Gracie Combatives 10:00am-11:00am
Master Cycle 12:00pm-1:00pm	Master Cycle 12:00pm-1:00pm	Master Cycle (No-gi) 12:00pm-1:00pm	Master Cycle 12:00pm-1:00pm	Master Cycle 12:00pm-1:00pm	Mat Munchkins (3-5 yrs) 11:00am-11:30am
					Jr. Grapplers (8-12 yrs) 11:30am-12:20pm
Little Champs (5-7 yrs) 4:45pm-5:30pm	Little Champs (5-7 yrs) 4:45pm-5:35pm	Jr. Grapplers (8-12 yrs) 4:45pm-5:35pm	Little Champs (5-7 yrs) 4:45pm-5:35pm	Gracie Teens 4:45pm-5:45pm	
Women Empowered 5:30pm-6:30pm	Jr. Grapplers (8-12 yrs) 5:35pm-6:25pm	Little Champs (5-7 yrs) 5:35pm-6:25pm	Jr. Grapplers (8-12 yrs) 5:35pm-6:25pm	GC Reflex Development 5:45pm-6:15pm	
Master Cycle 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	Women Empowered (Bring-a-friend Class) 6:30 pm-7:30 pm	Gracie Combatives (Bring-a-friend Class) 6:30pm-7:30pm	MC Fundamentals 6:15pm-7:15pm	
Gracie Combatives 7:30pm-8:30pm	MC Technique 7:30pm-8:30pm	Gracie Combatives (Bring-a-friend Class) 7:30pm-8:30pm	MC Technique 7:30pm-8:30pm		
	MC Sparring 8:30pm-9:00pm	Master Cycle (No-gi) 8:30pm-9:30pm	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 give you full access to our beginner programs for 10 calendar days and 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

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