



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Master Cycle 7:00am-8:00am		Gracie Combatives 7:00am-8:00am		Gracie Combatives 7:00am-8:00am	Master Cycle (No-gi) 9:00am-10:00am
Gracie Combatives 8:00am-9:00am	Gracie Combatives 11:00am-12:00pm	Master Cycle (No-gi) 8:00am-9:00am	Gracie Combatives 11:00am-12:00pm	Master Cycle Fundamentals 8:00am-9:00am	GC Reflex Development 10:00am-11:00am
	MC Technique 12:00pm-1:00pm	Master Cycle (No-gi) 11:00am-12:00pm	MC Technique 12:00pm-1:00pm		Women's Self Defense 12:00pm-1:00pm
MC Technique 11:00am-12:00pm	MC Sparring 1:00pm-1:30pm	Master Cycle Sparring (No-gi) 12:00pm-12:30pm	MC Sparring 1:00pm-1:30pm	Gracie Combatives 12:30pm-1:30pm	Jr. Grapplers (8-12 yrs) 1:00pm-1:50pm
MC Sparring 12:00pm-12:30pm		Gracie Combatives 12:30pm-1:30pm	Little Champs (5-7yrs) 4:45pm-5:35pm	Master Cycle Fundamentals 1:30pm-2:30pm	Little Champs (5-7yrs) 1:50pm-2:40pm
Gracie Combatives 12:30pm-1:30pm	Little Champs (5-7yrs) 4:45pm-5:35pm	Jr. Grapplers (8-12 yrs) 4:45pm-5:35pm	Jr. Grapplers (8-12yrs) 5:35pm-6:25pm	Black Belt Club 4:30pm-5:30pm	
	Jr. Grapplers (8-12yrs) 5:35pm-6:25pm	Little Champs (5-7yrs) 5:35pm-6:25pm	Gracie Combatives 6:30pm-7:30pm		
Master Cycle 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	Women's Self Defense 6:30pm-7:30pm	MC Technique 7:30pm-8:30pm		
Gracie Combatives 7:30pm-8:30pm	MC Technique 7:30pm-8:30pm	Gracie Combatives 7:30pm-8:30pm	MC Sparring 8:30pm-9:00pm		
	MC Sparring 8:30pm-9:00pm	Master Cycle (No-gi) 8:30pm-9:30pm			

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

www.mcguinjiujitsu.com | 2050 E Ireland Rd, South Bend, IN 46614 | (574) 383-5129 | GracieJiuJitsuSouthBend@gmail.com