



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MC Fundamentals & Sparring 8:00am-9:00am
	Gracie Combatives 11:00am-12:00pm	Gracie Combatives 11:00am-12:00pm		MC Technical (Gi) 11:00am-11:45pm	Gracie Combatives 9:00am-10:00am
		GC Reflex Development 12:00pm-1:00pm		MC Sparring (Gi) 11:45pm-12:15pm	Little Champs (5-8) 10:15pm-11:00am
					Jr. Grapplers (8-12 yrs) 11:15pm-12:00pm
	Little Champs (5-8) 4:30pm-5:15pm		Little Champs (5-8) 4:30pm-5:15pm		Black Belt Club 12:15pm-12:45pm
	Jr. Grapplers (8-12) 5:30pm-6:15pm	GC Reflex Development 5:30pm-6:30pm	Jr. Grapplers (8-12) 5:30pm-6:15pm		
Gracie Combatives 6:30pm-7:30pm		Gracie Combatives 6:30pm-7:30pm	MC Technical (Gi) 6:30pm-7:15pm		
MC Technical (No-Gi) 7:30pm-8:15pm			MC Sparring (Gi) 7:15pm-7:45pm		
MC Sparring (Fight Sim) 8:15pm-8:45pm					

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

Reflex Development, Master Cycle, and Black Belt Club classes have pre-qualifying requirements to participate