



GRACIE JIU-JITSU®

NORTH PHOENIX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MC Fundamental Focus 8:00am-9:00am
	Gracie Combatives 11:00am-12:00pm	Gracie Combatives 11:00am-12:00pm			Gracie Combatives 9:00am-10:00am
	MC Fundamental Focus 12:00pm-1:00pm	GC Reflex Development 12:00pm-1:00pm			Little Champs (5-8) 10:15pm-11:00am
					Jr. Grapplers (9-12 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-1:00pm
Black Belt Club 5:00pm- 5:45pm	Jr. Grapplers (9-12) 5:30pm-6:15pm		Jr. Grapplers (9-12) 5:30pm-6:15pm		
MC Technical 5:45pm-6:45pm	GC Reflex Development 6:30pm-7:30pm	Gracie Combatives 6:00pm-7:00pm	MC Fundamental Focus 6:30pm-7:30pm		
MC Sparring 6:45pm-7:15pm		GC and MC Focus Class 7:00pm-8:00pm	MC Sparring 7:30pm-8:00pm		
Gracie Combatives 7:15pm-8:15pm					

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