



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Privates	Morning Privates	Morning Privates	Morning Privates	Morning Privates	Morning Privates
					Women Empowered 9:00am – 10:00am
					Women's Gracie Combatives (Pink Belts / 4 Stripes) 10:00am – 11:00am
	Little Champs 4:00pm – 4:45pm				Little Champs 11:00am – 11:45am
	Junior Grapplers 4:45pm – 5:45pm	GC Reflex Development 5:45pm – 6:45pm	Black Belt Club 5:00pm – 5:45pm		Junior Grapplers 11:45am – 12:45pm
MC Technique (Gi) 5:45pm-6:45pm	Gracie Combatives 5:45pm - 6:45pm	MC Fundamentals 6:45pm – 7:30pm	MC Technique (Gi) 5:45pm - 6:30pm	Master Cycle (No Gi) 5:30pm – 6:30pm	
Gracie Combatives 7:00pm–8:00pm	Women Empowered 7:00pm – 8:00pm	MC Spar (Gi) 7:30pm - 8:00pm	MC Sparring (Gi) 6:30pm – 7:00pm	Gracie Combatives 6:30pm – 7:30pm	

New Schedule Starting August 1st

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 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 let us know, 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