



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|--|---|--|--|
| <b>Filipino Martial Arts</b><br>8:00am-9:00am                           |   | <b>Filipino Martial Arts</b><br>8:00am-9:00am                                |   |  | <b>Jeet Kune Do/<br/>Filipino Martial Arts</b><br>9:00am-11:00am                       |
| <b>Gracie Combatives &amp; RD</b><br>11:30am-12:45pm                    | <b>Gracie Combatives &amp; RD</b><br>11:30am-12:45pm                              | <b>Gracie Combatives &amp; RD</b><br>11:30am-12:45pm                         | <b>Gracie Combatives &amp; RD</b><br>11:30am-12:45pm  | <b>Reflex Development</b><br>11:30am-12:30pm                               | <b>Little Champs</b> (5-7 yrs)<br>10:00am-10:45am                                      |
| <b>MC Technique (Gi) &amp;<br/>Positional Sparring</b><br>2:30pm-4:00pm | <b>MC Tech &amp; Fight Sim</b><br>(No-Gi) (Gloves & Mouthpiece)<br>2:30pm-4:00pm  | <b>MC Technique (Gi) &amp;<br/>Sparring</b><br>2:30pm-4:00pm                 | <b>MC Tech &amp; Sparring</b><br>(No-Gi)<br>2:30pm-4:00pm   | <b>MC Fundamentals (Gi) &amp;<br/>Positional Sparring</b><br>2:30pm-4:00pm | <b>Gracie Combatives &amp; RD</b><br>(Bring-a-Friend Class) (Mat 2)<br>11:00am-12:15pm |
| <b>Little Champs</b> (5-7 yrs)<br>4:00pm-4:45pm                         | <b>Mat Munchkins</b> (3-5 yrs)<br>5:00pm-5:30pm                                   | <b>Little Champs</b> (5-7 yrs)<br>4:00pm-4:45pm                              | <b>Mat Munchkins</b> (3-5 yrs)<br>5:00pm-5:30pm   | <b>Little Champs</b> (5-7 yrs)<br>4:00pm-4:45pm                            | <b>Jr. Grapplers</b> (8-12 yrs)<br>11:00am-12:00pm                                     |
| <b>Jr. Grapplers</b> (8-12 yrs)<br>5:00pm-6:00pm                        | <b>Black Belt Club</b> (Kids)<br>5:30pm-6:30pm                                    | <b>Jr. Grapplers</b> (8-12 yrs)<br>5:00pm-6:00pm                             | <b>Black Belt Club</b> (Kids)<br>5:30pm-6:30pm  | <b>Jr. Grapplers</b> (8-12 yrs)<br>5:00pm-6:00pm                           | <b>Open Mat</b> (Mat 2)<br>12:00pm-2:00pm  |
| <b>Yoga for GJJ</b> (Mat 2)<br>5:00pm-6:00pm                            | <b>Jeet Kune Do</b> (Mat 2)<br>5:00pm-6:00pm                                      | <b>Cardio Kickboxing</b> (Mat 2)<br>5:00pm-6:00pm                            |   | <b>Yoga for GJJ</b> (Mat 2)<br>5:00pm-6:00pm                               | <b>Women Empowered</b><br>12:00pm-1:00pm   |
| <b>Mixed Kickboxing</b> (Mat 2)<br>6:00pm-7:00pm                        | <b>Fit-jitsu</b> (Mat 2)<br>6:00pm-6:30pm   | <b>Krav Maga</b> (Mat 2)<br>6:00pm-7:00pm                                    | <b>Fit-jitsu</b> (Mat 2)<br>6:00pm-6:30pm   | <b>Mixed Kickboxing</b> (Mat 2)<br>6:00pm-7:00pm                           | <b>Krav Maga</b><br>1:00pm-2:00pm  |
|   | <b>Women Empowered &amp;<br/>RD</b> (Mat 1)<br>6:30pm-7:45pm                      |  | <b>Women Empowered &amp;<br/>RD</b> (Mat 1)<br>6:30pm-7:45pm  |  | <b>Majapahit Silat</b><br>2:00pm-3:00pm  |
| <b>Gracie Combatives &amp; RD</b><br>6:30pm-7:45pm                      | <b>Gracie Combatives &amp; RD</b><br>(Mat 2)<br>6:30pm-7:45pm                     | <b>Gracie Combatives &amp; RD</b><br>(Bring-a-friend Class)<br>6:30pm-7:45pm | <b>Gracie Combatives &amp; RD</b><br>(Mat 2)<br>6:30pm-7:45pm   | <b>Reflex Development</b><br>(Mat 1)<br>6:30pm-7:30pm                      |  |
| <b>Kali</b> (Mat 2)<br>7:00pm-9:00pm                                    |   | <b>Majapahit Silat</b> (Mat 2)<br>7:00pm-8:00pm                              |   | <b>Thai Weaponry</b> (Mat 2)<br>7:00pm-8:00pm                              |  |
| <b>MC Technique &amp;<br/>Sparring</b> (Gi)<br>8:00pm-9:30pm            | <b>MC Tech &amp; Fight Sim</b> (No-<br>Gi) (Gloves & Mouthpiece)<br>8:00pm-9:30pm | <b>MC Technique &amp;<br/>Positional Sparring</b> (Gi)<br>8:00pm-9:30pm      | <b>MC Tech &amp; Fight Sim</b> (No-<br>Gi) (Gloves & Mouthpiece) @<br><b>Elk Grove Muay Thai</b><br>8:00pm-9:30pm | <b>MC Fundamentals (Gi) &amp;<br/>Positional Sparring</b><br>8:00pm-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 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