



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