



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Little Champs</b> (5-7 yrs) 4:30 pm-5:15pm		<b>Little Champs</b> (5-7 yrs) 4:30 pm-5:15pm		
	<b>Jr. Grapplers</b> (8-12 yrs) 5:15pm-6:00pm		<b>Jr. Grapplers</b> (8-12 yrs) 5:15pm-6:00pm	<b>Black Belt Club</b> (Kids Invite only) 5:15pm-6:00pm	
<b>Judo Fundamentals</b> 6:00pm-7:00pm	<b>Gracie Combatives</b> 6:00pm-7:00pm		<b>Gracie Combatives</b> (Bring-a-Friend Class) 6:00pm-7:00pm	<b>GC Reflex Development</b> 6:00 pm-7:00pm	
<b>Women Empowered</b> 7:00pm-8:00pm	<b>Master Cycle (Gi)</b> Advanced Class 7:00pm-8:00pm		<b>Master Cycle</b> <b>(No-Gi Fight Sim)</b> 7:00pm-8:00pm	<b>Master Cycle (Gi)</b> Advanced Class 7:00pm-8:00pm	

\*Each MC class is followed by 30 minutes of sparring.

\*Fight-Sim Days are No-Gi, gloves and mouthpiece.

### 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. You will pay a deposit on a uniform (gi) and you will have 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 return the uniform for a full refund of the deposit, 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 5-10 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