



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Champs (5-7 yrs) 4:45 pm - 5:30 pm	Black Belt Club/Teens (Advanced Kids by Application) 5:30 pm - 6:30 pm	Little Champs (5-7 yrs) 4:45 pm - 5:30 pm	Little Champs (5-7 yrs) 4:45 pm - 5:30 pm	MC Fundamentals (Combatives 3+ Stripes) 6:00 pm - 7:20 pm	Black Belt Club/Teens (Advanced Kids by Application) 9:00 am - 10:00 am
Jr. Grapplers (8-12 yrs) 5:40 pm - 6:40 pm	MC Fundamentals (Combatives 3+ Stripes) 6:30 pm - 7:30 pm	Jr. Grapplers (8-12 yrs) 5:40 pm - 6:40 pm	Jr. Grapplers (8-12 yrs) 5:40 pm - 6:40 pm		Women Empowered (13+ yrs) 10:15 am - 11:15 am
Gracie Combatives (14+ yrs) 6:50 pm - 7:50 pm	Reflex Development (Combatives 2+ stripes) 7:30 pm - 8:30 pm	Gracie Combatives (14+ yrs) 6:50 pm - 7:50 pm	Women Empowered (13+ yrs) 6:50 pm - 7:50 pm		Gracie Combatives (14+ yrs) 11:30 am - 12:30 pm
MC Technique/Sparring 8:00 pm - 9:30 pm	Women Empowered (13+ yrs) 7:30 pm - 8:30 pm	MC Technique/Sparring 8:00 pm - 9:30 pm	Gracie Combatives (14+ yrs) 8:00 pm - 9:00 pm		MC Fight Sim/Standing (No-gi, Gloves, Mouthpiece) 12:45 pm - 1:45 pm

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 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, 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 risk free trial today!

The 10 Commandments of Gracie Jiu-Jitsu Southwest Austin

1. Leave the ego at the door - keep an open mind
2. Use respectful language - NO profanity
3. Respect people not belts
4. Listen quietly while instructors are teaching
5. Respect the tap, tap quick and tap often
6. Wash your Gi after every class
7. Keep finger and toe nails clipped
8. Remove all jewelry before stepping on the mats
9. Remove shoes and wipe feet before stepping on the mats
10. Take showers daily