




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Conditioning 6:00am-7:30am		Conditioning 6:00am-7:30am		
	Combat Sambo 6:00pm-7:00pm		Combat Sambo 6:00pm-7:00pm	Combat Sambo 6:00pm-7:00pm	
	Gracie Combatives 7:00pm-8:00pm		Gracie Combatives 7:00pm-8:00pm		
	ALIVE! Combatives 8:00pm-9:00pm		ALIVE! Combatives 8:00pm-9:00pm		

Combat Sambo is a versatile martial art and combat sport that fuses judo and wrestling. It encompasses ground fighting, throws, and submission holds, alongside standing techniques like punches, kicks, knee strikes, and elbow strikes. Incorporating a dynamic blend of grappling and striking techniques, Combat Sambo offers practitioners a well-rounded skill set that seamlessly integrates both ground and stand-up combat scenarios.

Gracie Combatives®, is our adult beginner program for Brazilian Jiu-Jitsu. Learn the 36 core techniques in a fun, safe, and cooperative environment. Each one-hour class covers a standing and a ground self-defense technique, broken down into simplified drills for easy learning. You can start the program at any time and participate in any class without previous experience!

In **ALIVE!™ Combatives**, we focus on practical knife and firearms training, along with essential empty-hand techniques for real-world scenarios. All while using a contextual training methodology that builds skill fast, ALIVE!™ asserts that to learn to fight effectively one must fight an “alive” opponent early and often in training. It's a highly effective program suitable for both men and women, no experience needed!

14-Day Free Trial – Satisfaction Guaranteed!

At most martial arts schools, they’ll let you try one class before you sign up. At our school, we prefer that you try our programs for 14 days before you make an enrollment decision. We will give you full access to our beginner programs for 14 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 14-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