

Summer



GRACIE JIU-JITSU[®]

EMERALD COAST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Master Cycle 9:00am-10:00am
Private Lessons Scheduled Times	Gracie Combatives ** 11:00am-12:00pm	Private Lessons Scheduled Times	Private Lessons Scheduled Times	Private Lessons Scheduled Times	Gracie Combatives (Bring-a-Friend Class) 10:00am-11:00am
	Private Lessons Scheduled Times				Women Empowered (Bring-a-friend Class) 11:30am-12:30pm
					Jr. Grapplers (8-12 yrs) 12:30pm-1:30pm
Little Champs (5-7 yrs) 4:30pm-5:30pm		Jr. Grapplers (8-12 yrs) 4:30pm-5:30pm		Little Champs (5-7 yrs) 4:30pm-5:30pm	Little Champs (5-7 yrs) 1:30pm-2:30pm
Jr. Grapplers (8-12 yrs) 5:30pm-6:30pm	Black Belt Club (Kids) 5:30pm-6:30pm	Little Champs (5-7 yrs) 5:30pm-6:30pm		Jr. Grapplers (8-12 yrs) 5:30pm-6:30pm	
MC Technique 6:30pm-7:30pm	Gracie Combatives/RD 6:30pm-7:30pm	MC Technique 6:30pm-7:30pm			
MC Sparring 7:30pm-8:00pm	Women Empowered 7:30pm-8:30pm	MC Sparring 7:30pm-8:00pm			
Gracie Combatives 8:00pm-9:00pm		Gracie Combatives (Bring-a-friend Class) 8:00pm-9:00pm			

**** Appointment Only**

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