



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gi Day	No-Gi (GC & MC Only)	Gi Day	No-Gi Day	-	Gi Day
					MC Technique + Sparring 9:30am-10:45am
					Gracie Combatives (Bring-a-Friend Class) 10:45am-11:45am
					Women Empowered (Bring-a-friend Class) (No-Gi) 11:45am-12:45pm
					Little Champs (5-7 yrs) 1:00pm – 1:45pm
Jr. Grapplers (8-12 yrs) 5:15pm – 6:15pm	Mat Munchkins (3-5 yrs) 5:15pm – 5:45pm	Jr. Grapplers (8-12 yrs) 5:15pm – 6:15pm	Little Champs (5-7 yrs) 5:15pm – 6:00pm		Jr. Grapplers (8-12 yrs) 1:50pm – 2:50pm
Black Belt Club (Kids) 6:15pm – 7:15pm	Little Champs (5-7 yrs) 5:50pm – 6:35pm	Black Belt Club (Kids) 6:15pm – 7:15pm	GC Teens/BBC Prep (13-16 yrs) 6:00pm – 7:00pm		GC Teens/BBC Prep (13-16 yrs) 2:50pm – 3:50pm
MC Fundamentals + Positional Sparring (Gi, Gloves, Mouthpiece) 7:15pm – 8:15pm	Gracie Combatives (Bring-a-Friend Class) 6:45pm – 7:45pm	Women Empowered (No-Gi) 7:15pm – 8:15pm	MC Technique + Sparring 7:00pm – 8:15pm		
Reflex Development 8:15pm – 9:15pm	MC Technique + Sparring 7:45pm – 9:00pm	MC Technique + Positional Sparring 8:15pm – 9:30pm	Gracie Combatives 8:15pm – 9:15pm		

The Schedule Above is in effect as of September 14, 2026

10-Day Risk 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. 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!

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