




GRACIE JIU-JITSU®

WINNIPEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MC Technique 9:30am-10:15am
					MC Sparring 10:15am-10:45pm
					Gracie Combatives (Bring-a-Friend Class) 10:45am-11:45am
	Mat Munchkins (3-5 yrs) 4:45pm-5:15pm				Women Empowered (Bring-a-friend Class) 11:45am-12:45pm
Jr. Grapplers (11-13 yrs) 5:15pm-6:15pm	Little Champs (5-7 yrs) 5:15pm-6:00pm	Jr. Grapplers (11-13 yrs) 5:15pm-6:15pm	Little Champs (5-7 yrs) 5:15pm-6:00pm		
Black Belt Club (Kids) 6:15pm-7:15pm	Jr. Grapplers (8-10 yrs) 6:00pm-6:45pm	Gracie Combatives 6:15pm-7:15pm	Jr. Grapplers (8-10 yrs) 6:00pm-6:45pm		
Reflex Development (No-gi) 7:15pm-8:15pm	Gracie Combatives (Bring-a-Friend Class) 6:45pm-7:45pm	Women Empowered 7:15pm-8:15pm	Gracie Combatives 6:45pm-7:45pm		
RD Test Prep (Self-Guided) 8:15pm 9:00pm	MC Technique 7:45pm-8:30pm	Women Empowered RD (Every other week) 8:15pm-8:45pm	MC Technique 7:45pm-8:30pm		
MC Technique & Sparring (No-gi, Gloves, Mouthpiece) 8:15pm-9:15pm	MC Sparring 8:30pm-9:00pm		MC Sparring 8:30pm-9:00pm		

The Schedule Above is in effect as of September 19th, 2023

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. 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