



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MC Tech & Spar (No-Gi) 9:00am-10:00am
					Gracie Combatives (Bring-a-Friend Class) 10:00am-11:00am
					Women Empowered (Bring-a-Friend Class) 11:00am-12:00pm
					Little Champs & Jr. Grapplers 12:00pm-1:00pm
Jr. Grapplers (8-13 yrs) 4:30pm-5:30pm		Little Champs (5-7 yrs) 4:30pm-5:30pm			
Little Champs (5-7 yrs) 5:30pm-6:30pm		Jr. Grapplers (8-13 yrs) 5:30pm-6:30pm	Black Belt Club (Adv. Kids) 5:30pm-6:30pm		
MC Technique (No-Gi) 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	MC Technique 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	GC Reflex Development 6:30pm-7:30pm	
MC Sparring (No-Gi) 7:30pm-8:00pm	Women Empowered 7:30pm-8:30pm	MC Sparring 7:30pm-8:00pm	MC Technique (No-Gi) 7:30pm-8:30pm	MC Fundamentals 7:30pm-8:30pm	
Gracie Combatives 8:00pm-9:00pm	MC Tech & Spar 8:30pm-9:30pm	Gracie Combatives (Bring-a-Friend Class) 8:00pm-9:00pm	MC Sparring (No-Gi) 8:30pm-9:00pm		

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 with a gi (uniform) and 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