


Gracie University

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Reflex Development 9:30am-10:30am
	Gracie Combatives 12:30pm-1:30pm		MC Technique 12:30pm-1:30pm	Gracie Combatives 12:30pm-1:30pm	Gracie Combatives 10:30am-11:30am
					Jr. Combatives (8-12) 11:30am-12:30pm
					Little Champs (5-7yrs) 12:30pm-1:15pm
					MC Fight Sim (no-gi) 1:30pm-2:30pm
		Mat Munchkins (3-5 yr) 4:45pm-5:15pm			Women Empowered 2:30pm-3:30pm
Black Belt Club (Kids) 5:30pm-6:30pm	Jr. Combatives (8-12 yrs) 5:30pm-6:30pm	Little Champs (5-7 yrs) 5:15pm-6:00pm	Women Empowered 6:00pm-7:00pm		
Gracie Combatives 6:30pm-7:30pm	Little Champs (5-7yrs) 6:30pm-7:15pm	Jr. Combatives (8-12 yrs) 6:00pm-7:00pm	Gracie Combatives 7:00pm-8:00pm	Black Belt Club (Kids) 6:30pm-7:30pm	
MC Prep Class 7:30pm-8:30pm	Gracie Combatives 7:30pm-8:30pm	MC Technique 7:00pm-8:30pm	Reflex Development 8:00pm-9:00pm		
MC Technique 8:30pm-9:30pm	MC Technique 8:30pm-9:30pm		MC Technique 9:00pm-10:00pm		

10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At Gracie University, however, we prefer that you try our programs for 10 days before you make a decision, so that you are 100% certain that they are right for you. We will provide you with a gi (uniform) and give you full access to any of our beginner programs for a full 10 days. Assuming you love the techniques, the instructors, and the overall vibe of Gracie University, you can sign up after the trial period. If for any reason it doesn't work out – due to work, traffic, scheduling, or anything else – simply return the uniform, and we won't charge you a thing! Absolutely no experience is necessary and you will love the classes – we guarantee it! Speak to a receptionist about starting your 10-day trial today!

Follow us on Socials:

Facebook: @GJJKeegoHarbor **Instagram:** @GracieJiuJitsuMichigan **TikTok:** @graciejiujitsumichigan

Six Things Every Student Should Know...

1. Respect everything and everyone at the University
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