





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gracie Combatives® 10:30am - 11:30am Bring a Friend Class		Gracie Combatives® 10:30am - 11:30am		
	Little Champs (5-7y) 4:30pm - 5:15pm		Jr. Grapplers (8-12y) 4:30pm - 5:25pm		Little Champs (5-7y) 4:30pm - 5:15pm	
	Jr. Grapplers (8-12y) 5:30pm - 6:25pm	Black Belt Club* 5:30pm - 6:25pm	Little Champs (5-7y) 5:30pm - 6:15pm	Black Belt Club* 5:30pm - 6:25pm	Jr. Grapplers (8-12y) 5:30pm - 6:25pm	
	Master Cycle® (No-Gi) 6:30pm – 7:30pm	Gracie Combatives® 6:30pm - 7:30pm Bring a Friend Class	Master Cycle® (Gi) 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		MC Sparring (Gi) 7:30pm – 8:00pm		Master Cycle® (Gi) 7:30pm - 8:30pm	
	Gracie Combatives® 8:00pm - 9:00pm		Gracie Combatives® 8:00pm - 9:00pm		MC Sparring (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