




GRACIE JIU-JITSU[®]

TAMPA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Combatives 6-7am	Master Cycle 6-7am	Gracie Combatives 6-7am	Master Cycle 6-7am	Closed Friday	Gracie Combatives 8-9am
Master Cycle 7-8:30am	Gracie Combatives 7-8am	Master Cycle 7-8:30am	Gracie Combatives 7-8am		Reflex Development 9-10am
			Reflex Development 8-9am		Master Cycle 10-11:30am
	Master Cycle 12-1pm		Master Cycle 12-1pm		Bullyproof 5-12yrs 12-1pm
	Drill: All Students 1-2pm		Drill: All Students 1-2pm		
			Mat Munchkins 3-5yrs 3:15-4pm		
	Bullyproof 5-7yrs 4-5pm	Bullyproof 5-7yrs 4-5pm	Bullyproof 5-7yrs 4-5pm		
Women Empowered 6-7pm	Bullyproof 8-12yrs 5-6pm	Bullyproof 8-12yrs 5-6pm	Bullyproof 8-12yrs 5-6pm		
Gracie Combatives 7-8pm	Gracie Combatives 6-7pm	Women Empowered 6-7pm	Gracie Combatives 6-7pm		
Master Cycle 8-9:30pm	Master Cycle 7-8:30pm	Gracie Combatives 7-8pm	Master Cycle 7-8:30pm		

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 and 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
4. Wash your gi after every class
5. Learn from everyone and share with everyone
6. Introduce your friends to Gracie Jiu-Jitsu