



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Women Empowered (Bring-a-friend Class) 9:00am-10:00am
					Gracie Combatives 10:15am-11:15am
Open Mat (Members Only) 11:30am-1:00pm		Open Mat (Members Only) 11:30am-1:00pm			MC Fundamentals 11:30am-12:30pm
			Jr. Grapplers (8-12 yrs) 4:30pm-5:30pm		
Little Champs (5-7 yrs) 4:30pm-5:30pm	Jr. Grapplers (8-12 yrs) 4:30pm-5:30pm	Little Champs (5-7 yrs) 4:30pm-5:30pm	Black Belt Club 5:30pm-6:30pm	Reflex Development 5:30pm-6:45pm	
Gracie Combatives 5:45pm-6:45pm	MC Technique 5:45pm-6:45pm	Women Empowered 5:30pm-6:45pm	MC Technique 6:30pm-7:30pm		
MC Technique (No-gi) 7:00pm-8:00pm	MC Sparring 6:45pm-7:15pm	Gracie Combatives 6:45pm-7:45pm	MC Sparring 7:30pm-8:00pm		
MC Sparring (No-gi) 8:00pm-8:30pm	Gracie Combatives 7:30pm-8:30pm	MC Technique & Sparring (No-gi) 8:00pm-9:00pm	Gracie Combatives 8:00pm-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