



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Master Cycle Fundamentals GI 9:00am-10:00am
	Gracie Combatives 10:00am-11:00am		Gracie Combatives 10:00am-11:00am		Gracie Combatives 10:00am-11:00am
	Little Champs (Ages 5-7) 5:30-6:00pm		Little Champs (Ages 5-7) 5:30-6:00pm		
Jr Grapplers (Ages 8-14) 6:00-6:45pm	Jr Grapplers (Ages 8-14) 6:00-6:45pm	Jr Grapplers (Ages 8-14) 6:00-6:45pm	Jr Grapplers (Ages 8-14) 6:00-6:45pm		
Gracie Combatives 7:00-8:00pm	Master Cycle GI 7:00-8:00pm	Gracie Combatives 7:00-8:00pm	Master Cycle NO-GI 7:00-8:00pm	Gracie Combatives 7:00-8:00pm	
Master Cycle GI 8:00pm-9:00pm	Gracie Combatives 8:00pm-9:00pm	Master Cycle NO-GI 8:00pm-9:00pm	Gracie Combatives 8:00pm-9:00pm	Reflex Development 8:00-9:00pm	

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