


# GRACIE JIU-JITSU EAST ORLANDO

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Gracie Combatives</b> 6:00am-7:00am		<b>Gracie Combatives</b> 6:00am-7:00am		
	<b>Master Cycle</b> 6:00am-7:00am		<b>Master Cycle</b> 5:30am-7:00am		<b>Bullyproof (All Ages)</b> 9:00am-10:00am
					<b>Gracie Combatives</b> (Bring-a-friend Class) 10:05am-11:05am
					<b>Women's Self-Defense</b> 11:05am-12:05pm
<b>Little Champs (4-7 yrs)</b> 4:30pm-5:15pm		<b>Little Champs (4-7 yrs)</b> 4:30pm-5:15pm	<b>Little Champs (4-7 yrs)</b> 4:30pm-5:15pm	<b>Little Champs (4-7 yrs)</b> 4:30pm-5:15pm	
<b>Jr. Grapplers (8-12 yrs)</b> 5:20pm-6:15pm	<b>Black Belt Club (8-12 yrs)</b> 5:15pm-6:15pm Invite Only	<b>Jr. Grapplers (8-12 yrs)</b> 5:20pm-6:15pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:20pm-6:15pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:20pm-6:15pm	
<b>Gracie Combatives</b> 6:30pm-7:30pm	<b>Master Cycle</b> 6:30pm-7:30pm	<b>Gracie Combatives</b> (Bring-a-friend Class) 6:30pm-7:30pm	<b>Gracie Combatives</b> 6:30pm-7:30pm	<b>Reflex Development</b> 6:30pm-7:30pm	
	<b>MC Sparring (Gi)</b> 7:30pm-8:00pm	<b>Master Cycle</b> 6:30pm-7:30pm		<b>Fight Simulation (No-Gi)</b> 6:30pm-7:30pm	
		<b>Women's Self-Defense</b> 7:30pm-8:30pm		<b>Street Sparring (No-Gi)</b> 7:30pm-8:00pm	

## 10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At Gracie Jiu-Jitsu East Orlando, however, we prefer that you try our programs for 10 days before you decide, 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!

## 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