




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Fundamental Warm Up</b> 10:45am-11:00am	<b>Fundamental Warm Up</b> 10:45am-11:00am			<b>Fundamentals &amp; Sparring</b> 8:00am-9:00am
	<b>Gracie Combatives</b> 11:00am-12:00pm	<b>Gracie Combatives</b> 11:00am-12:00pm		<b>MC Technical</b> 11:00am-12:00pm	<b>Gracie Combatives</b> 9:00am-10:00am
	<b>GC Reflex Development</b> 12:00pm-1:00pm			<b>MC Sparring</b> 12:00pm-12:30pm	<b>Little Champs (5-8)</b> 10:15pm-11:00am
					<b>Jr. Grapplers (9-12 yrs)</b> 11:15pm-12:00pm
	<b>Little Champs (5-8)</b> 4:30pm-5:15pm		<b>Little Champs (5-8)</b> 4:30pm-5:15pm		<b>Black Belt Club</b> 12:15pm-1:00pm
<b>Black Belt Club</b> 5:00pm- 5:45pm	<b>Jr. Grapplers (9-12)</b> 5:30pm-6:15pm	<b>Fundamental Warm Up</b> 5:45pm-6:00pm	<b>Jr. Grapplers (9-12)</b> 5:30pm-6:15pm		
<b>MC Technical</b> 5:45pm-6:45pm	<b>GC Reflex Development</b> 6:30pm-7:30pm	<b>Gracie Combatives</b> 6:00pm-7:00pm	<b>GC and MC Focus Class</b> 6:30pm-7:30pm		
<b>MC Sparring</b> 6:45pm-7:15pm		<b>Fundamental Focus</b> 7:00pm-8:00pm			
<b>Gracie Combatives</b> 7:15pm-8:15pm		<b>MC Sparring</b> 8:00pm-8:30pm			

### 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

*\*Reflex Development, Master Cycle, and Black Belt Club classes have pre-qualifying requirements to participate\**