



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Filipino Martial Arts</b> 8:00am-9:00am	<b>Jeet Kune Do</b> 8:00am-9:00am	<b>Filipino Martial Arts</b> 8:00am-9:00am	<b>Jeet Kune Do</b> 8:00am-9:00am		<b>Jeet Kune Do/ Filipino Martial Arts</b> 8:00am-9:00am
<b>Gracie Combatives &amp; RD</b> 11:30am-12:45pm	<b>Gracie Combatives &amp; RD</b> 11:30am-12:45pm	<b>Gracie Combatives &amp; RD</b> 11:30am-12:45pm	<b>Gracie Combatives &amp; RD</b> 11:30am-12:45pm	<b>Reflex Development</b> 11:30pm-12:30pm	<b>Open Mat (Mat 2)</b> 9:00am-11:00am
<b>MC Technique (Gi) &amp; Positional Sparring</b> 2:30pm-4:00pm	<b>MC Tech &amp; Fight Sim</b> (No-Gi) (Gloves & Mouthpiece) 2:30pm-4:00pm	<b>MC Technique (Gi) &amp; Sparring</b> 2:30pm-4:00pm	<b>MC Tech &amp; Sparring</b> (No-Gi) 2:30pm-4:00pm	<b>MC Fundamentals (Gi) &amp; Positional Sparring</b> 2:30pm-4:00pm	<b>Little Champs (5-7 yrs)</b> 10:00am-10:45am
<b>Little Champs (5-7 yrs)</b> 4:00pm-4:45pm	<b>Mat Munchkins (3-5 yrs)</b> 5:00pm-5:30pm	<b>Little Champs (5-7 yrs)</b> 4:00pm-4:45pm	<b>Mat Munchkins (3-5 yrs)</b> 5:00pm-5:30pm	<b>Little Champs (5-7 yrs)</b> 4:00pm-4:45pm	<b>Gracie Combatives &amp; RD</b> (Bring-a-Friend Class) (Mat 2) 11:00am-12:15pm
<b>Jr. Grapplers (8-12 yrs)</b> 5:00pm-6:00pm	<b>Black Belt Club (Kids)</b> 5:30pm-6:30pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:00pm-6:00pm	<b>Black Belt Club (Kids)</b> 5:30pm-6:30pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:00pm-6:00pm	<b>Jr. Grapplers (8-12 yrs)</b> 11:00am-12:00pm
<b>Yoga for GJJ (Mat 2)</b> 5:30pm-6:30pm	<b>Fit-jitsu (Mat 2)</b> 5:30pm-6:00pm	<b>Yoga for GJJ (Mat 2)</b> 5:30pm-6:30pm	<b>Fit-jitsu (Mat 2)</b> 5:30pm-6:00pm	<b>Yoga for GJJ (Mat 2)</b> 5:30pm-6:30pm	<b>Women Empowered</b> 12:30pm-1:30pm
	<b>Women Empowered &amp; RD (Mat 1)</b> 6:30pm-7:45pm	<b>Krav Maga (Mat 1)</b> 6:30pm-7:30pm	<b>Women Empowered &amp; RD (Mat 1)</b> 6:30pm-7:45pm		<b>Krav Maga</b> 1:30pm-2:30pm
<b>Gracie Combatives &amp; RD</b> 6:30pm-7:45pm	<b>Gracie Combatives &amp; RD</b> (Mat 2) 6:30pm-7:45pm	<b>Gracie Combatives &amp; RD</b> (Bring-a-friend Class) 6:30pm-7:45pm	<b>Gracie Combatives &amp; RD</b> (Mat 2) 6:30pm-7:45pm	<b>Reflex Development</b> 6:30pm-7:30pm	
<b>MC Technique &amp; Sparring (No-Gi)</b> 8:00pm-9:30pm	<b>MC Tech &amp; Sparring (Gi)</b> 8:00pm-9:30pm	<b>MC Technique &amp; Positional Sparring (No-Gi)</b> 8:00pm-9:30pm	<b>MC Tech &amp; Fight Sim (Gi)</b> (Gloves & Mouthpiece) 8:00pm-9:30pm	<b>MC Fundamentals (No-Gi) &amp; Positional Sparring</b> 8:00pm-9:30pm	

**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 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