




GRACIE JIU-JITSU®

LONG BEACH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gracie Combatives 11:00am-12:00pm	MC Technique (No-gi) 11:00am-11:30am		MC Technique 11:00am-11:30am	
	MC Technique 12:30pm-1:00pm	MC Sparring 11:30am-12:00pm		MC Sparring 11:30am-12:00pm	BullyProof (Bring-a-friend Class) 1:15pm-2:00pm
	MC Sparring 1:00pm-1:30pm	Gracie Combatives 12:30pm-1:30pm		Gracie Combatives 12:30pm-1:30pm	Gracie Combatives (Bring-a-Friend Class) 2:30pm-3:30pm
			Mat Munchkins (Ages 3-5) 3:30pm-4pm		
BullyProof 4:30pm-5:15pm			BullyProof 4:30pm-5:15pm		
Gracie Combatives 5:30pm-6:30pm		Gracie Combatives (Bring-a-friend Class) 5:30pm-6:30pm	MC Technique 5:30pm-6:00pm		
MC Technique 7:00pm-7:30pm		MC Technique (No-gi) 7:00pm-7:30pm	MC Sparring 6:00-6:30pm		
MC Sparring 7:30pm-8:00pm		Fight Sim Sparring (Gloves & Mouthpiece) 7:30pm-8:00pm	Gracie Combatives 7:00pm-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 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