



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gracie Combatives 11:00am - 12:00pm			MC Technique (No-gi) 11:00am - 11:30am	
	MC Technique 12:00 pm - 12:30pm			Fight Sim Sparring (Gloves & Mouthpiece) 11:30am - 12:00pm	
	MC Sparring 12:30pm - 1:00pm	Gracie Combatives 12:00pm - 1:00pm		Gracie Combatives 12:00pm - 1:00pm	Bully Proof (combo ages 5 - 12) 1:15pm - 2:00pm
	Charter Students 3:00pm - 3:45pm				Gracie Combatives (Bring-a-Friend Class) 2:30pm - 3:30pm
Little Champs (Ages 5-7) 3:45pm - 4:30pm		Mat Munchkins (Ages 3-5 Parent & Child) 3:30pm - 4:00pm	Little Champs (Ages 5-7) 3:45pm - 4:30pm		
Jr. Grapplers (Ages 7-12) 4:45pm - 5:30pm			Jr. Grapplers (Ages 7-12) 4:45pm - 5:30pm		Four Things Every Student Should Know: <ol style="list-style-type: none"> 1. Respect everything / Everyone at the school 2. Arrive 10-15 minutes early to class 3. Wash your gi after every class 4. Ask questions every chance you get
Gracie Combatives 5:45pm - 6:45pm	Yoga 5:45pm - 6:45pm	Gracie Combatives 5:45pm - 6:45pm	Gracie Combatives 5:45pm - 6:45pm		
MC Technique 7:00pm - 7:30pm		MC Technique (No-gi) 7:00pm - 7:30pm			
MC Sparring 7:30pm - 8:00pm		Fight Sim Sparring (Gloves & Mouthpiece) 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 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. Contact us to start your 10-Day Trial today!

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