


# Gracie University

[www.GracieUniversity.com/KeegoHarbor](http://www.GracieUniversity.com/KeegoHarbor) | [gjjmichigan@gmail.com](mailto:gjjmichigan@gmail.com) | 248-657-0121 | 2801 Orchard Lake Rd., Keego Harbor, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Reflex Development</b> 9:30am-10:30am
	<b>Gracie Combatives</b> 12:30pm-1:30pm	<b>Gracie Combatives</b> 12:30pm-1:30pm		<b>Gracie Combatives</b> 12:30pm-1:30pm	<b>Gracie Combatives</b> 10:30am-11:30am
					<b>Jr. Combatives (8-12)</b> 11:30am-12:30pm
					<b>Little Champs (5-7yrs)</b> 12:30pm-1:15pm
		<b>Mat Munckins (3-5 yrs)</b> 4:15pm-4:45pm			<b>MC Fight Sim (no-gi)</b> 1:30pm-2:30pm
		<b>Little Champs (5-7 yrs)</b> 4:45pm-5:30pm			<b>Women Empowered</b> 2:30pm-3:30pm
<b>Black Belt Club (Kids)</b> 5:30pm-6:30pm	<b>Jr. Combatives (8-12 yrs)</b> 5:30pm-6:30pm	<b>Jr. Combatives (8-12 yrs)</b> 5:30pm-6:30pm	<b>Women Empowered</b> 6:00pm-7:00pm		
<b>Gracie Combatives</b> 6:30pm-7:30pm	<b>Little Champs (5-7yrs)</b> 6:30pm-7:15pm	<b>MC Technique</b> 6:30pm-7:30pm	<b>Gracie Combatives</b> 7:00pm-8:00pm	<b>Black Belt Club (Kids)</b> 6:30pm-7:30pm	
<b>MC Technique</b> 7:30pm-8:30pm	<b>Gracie Combatives</b> 7:30pm-8:30pm	<b>Reflex Development</b> 8:00pm-9:00pm	<b>MC Technique</b> 8:00pm-9:00pm	<b>MC Technique (no-gi)</b> 7:30pm-8:30pm	
	<b>MC Technique</b> 8:30pm-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 Gracie University, however, we prefer that you try our programs for 10 days before you make a decision, 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! Speak to a receptionist about starting your 10-day trial today!

Follow us on Socials:

**Facebook:** @GJJKeegoHarbor **Instagram:** @GracieJiuJitsuMichigan **TikTok:** @graciejiujustumichigan

## 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