



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					MC Fight Simulation (No-GI) 8:30am - 9:30am
					Gracie Combatives (Bring-a-Friend Class) 10:00am-11:00am
	Gracie Combatives 12:00pm-1:00pm		Gracie Combatives 12:00pm-1:00pm		Women Empowered 11:30m-12:30pm
					Little Champs (Ages 5-7) 1:00pm - 1:50pm
					Jr. Grapplers (Ages 7-12) 2:00pm -3:00pm
Little Champs (Ages 5-7) 4:00pm - 4:50pm	Mat Munchkins (Ages 3-5) 4:00pm-4:35pm	Little Champs (Ages 5-7) 4:00pm - 4:50pm	Jr. Grapplers (Ages 7-12) 4:00pm -5:00pm		
Jr. Grapplers (Ages 7-12) 5:00pm -6:00pm	Black Belt Club (Ages 11-14) 4:35pm-5:30pm	Jr. Grapplers (Ages 7-12) 5:00pm -6:00pm	Little Champs (Ages 5-7) 5:00pm - 5:50pm		
	Open Mat (RSVP Only) 5:30pm-6:30pm			Women Empowered LAB & Open Mat 5:30pm-6:30pm	
Gracie Combatives 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	MC Fundamentals 6:30pm - 7:30pm	Gracie Combatives 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	
Master Cycle 7:30pm - 8:30pm	Women Empowered 7:30pm-8:30pm	Gracie Combatives (Bring-a-Friend Class) 7:35pm-8:35pm	Master Cycle 7:30pm - 8:30pm	Reflex Development 7:30pm - 8:30pm	

**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

