



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Champs (5-7 yrs) 5:15pm-6:00pm		Mat Munchkins (3-5yrs) 5:30pm-6:00pm		Little Champs (5-7 yrs) 5:15pm-6:00pm	
Jr. Grapplers (8-12 yrs) 6:00pm-7:00pm	Women Empowered 6:00pm-7:00pm	Black Belt Club (Kids) 6:00pm-7:00pm	Women Empowered 6:00pm-7:00pm	Jr. Grapplers (8-12 yrs) 6:00pm-7:00pm	
Gracie Combatives 7:00pm-8:00pm	Master Cycle Technique 7:00pm-8:00pm	Gracie Combatives (Bring-a-friend Class) 7:00pm-8:00pm	Master Cycle Technique 7:00pm-8:00pm	Gracie Combatives 7:00pm-8:00pm	
	Master Cycle Sparring 8:00pm-8:30pm	Gracie Combatives – Reflex Development 8:00pm-9:00pm	Master Cycle Sparring 8:00pm-8:30pm	Master Cycle Technique (No-gi) 8:00pm-9:00pm	
				Master Cycle Fight Simulation (No-gi, Gloves, Mouthpiece) 9:00pm-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 give you full access to our beginner programs and online curriculum for 10 calendar days. Assuming you love everything about our school, you can enroll after the trial period. If it's not *exactly* what you're looking for 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