




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Little Champs (5-7 yrs) 10:00-10:45
					Gracie Combatives 11:00-12:00
					MC Technique 12:00-13:00
					MC Sparring 13:00-13:30
Jr. Grapplers (8-12 yrs) 17:00-18:00		Little Champs (5-7 yrs) 17:00-17:45	Jr. Grapplers (8-12 yrs) 17:00-18:00		
Gracie Combatives 18:00-19:00		Gracie Combatives 18:00-19:00	Gracie Combatives 18:00-19:00		
MC Technique 19:00-20:00		Gracie Combatives (Bring-a-friend Class) 19:00-20:00	GC Reflex Development 19:00-20:00		
MC Sparring 20:00-20:30			MC Technique 20:00-21:00		
			MC Fight Simulation (Gloves, Mouthpiece) 21:00-21:30		

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. 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