




10-Day Free Trial – Satisfaction Guaranteed!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Gracie Girls Master Cycle 8:00am-9:00am
					Women Empowered 9:00am-10:00am
					Gracie Combatives 10:00am-11:00am
					MC Technique (GI) 11:00am-11:45am
Gracie Combatives 12:00pm-1:00pm		MC Technique & FightSim (GI) 12:00pm-1:00pm		Gracie Combatives 12:00pm-1:00pm	11.45am-12.30pm RD & Fight Simulation (No-gi, Gloves, Mouthpiece)
	Mat Munchkins (3-4yrs) 4.10pm-4.30pm		Mat Munchkins (3-4yrs) 4.10pm-4.30pm		
	Little Champs (5-7 yrs) 4:30pm-5:00pm		Little Champs (5-7 yrs) 4:30pm-5:00pm		
Black Belt Club (Kids) 5:00pm-6:00pm	Jr. Grapplers (8-12 yrs) 5:15pm-6:00pm	WE Tweens Girls 9-13yr 5:00pm-6:00pm	Jr. Grapplers (8-12 yrs) 5:15pm-6:00pm	Black Belt Club (Kids) 5:00pm-6:00pm	
Gracie Combatives 6:00pm-7:00pm	Master Cycle (GI) 6:00pm-7:30pm	Women Empowered 6:00pm-7:00pm	Master Cycle (GI) 6:00pm-7:30pm	Gracie Combatives 6:00pm-7:00pm	
GC Reflex Development 7pm-7:30pm		MC FUNDAMENTALS (GI) 7:00pm-8:30pm			
Master Cycle (NO GI) 7:30pm-8:45pm	Gracie Combatives 7:30pm-8.30pm			Gracie Combatives 7:30pm-8.30pm	

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 provide you with a loan gi (uniform) and give you full access to our beginner programs 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, simply let us know 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