




10-Day Free Trial – Satisfaction Guaranteed!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Gracie Girls Master Cycle</b> 8:00am-9:00am
					<b>Women Empowered</b> 9:00am-10:00am
					<b>Gracie Combatives</b> 10:00am-11:00am
					<b>Master Cycle (GI)</b> 11am-12.30pm
<b>Gracie Combatives</b> 12:00pm-1:00pm				<b>Gracie Combatives</b> 12:00pm-1:00pm	
	<b>Mat Munchkins (3-5yrs)</b> 4pm-4.30pm		<b>Mat Munchkins (3-5yrs)</b> 4pm-4.30pm		
	<b>Little Champs (5-7 yrs)</b> 4:30pm-5:15pm		<b>Little Champs (5-7 yrs)</b> 4:30pm-5:15pm		
<b>Black Belt Club (Kids)</b> 5:00pm-6:00pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:15pm-6:00pm	<b>WE Tweens Girls 9-13yr</b> 5:00pm-6:00pm	<b>Jr. Grapplers (8-12 yrs)</b> 5:15pm-6:00pm	<b>Black Belt Club (Kids)</b> 5:00pm-6:00pm	
<b>Gracie Combatives</b> 6:00pm-7:00pm	<b>Master Cycle (GI)</b> 6:00pm-7:30pm	<b>Women Empowered</b> 6:00pm-7:00pm	<b>Master Cycle (GI)</b> 6:00pm-7:30pm	<b>Gracie Combatives</b> 6:00pm-7:00pm	
<b>GC Reflex Development</b> 7pm-7:30pm		<b>MC FUNDAMENTALS (GI)</b> 7:00pm-8:30pm		<b>Gracie Combatives</b> 7:30pm-8.30pm	
<b>Master Cycle (NO GI)</b> 7:30pm-8:45pm	<b>Gracie Combatives</b> 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