



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Lessons 7:00am-3:00pm	Private Lessons 7:00am-4:00pm	Private Lessons 7:00am-5:00pm	Private Lessons 7:00am-4:00pm	Private Lessons 7:00am-5:00pm	Master Cycle 8:30am-9:30am	Seminars / Events
		Mat Munchkins (Ages 3.5-5 w/ Parent) 5:00pm-5:30pm			MC Sparring 9:30am-10:00am	
			Little Champs (Ages 5-7) 5:30pm-6:00pm		Combatives 10:00am-11:00am	
		Women Empowered 6:00pm-6:30pm			Jr Combatives (8-12 yrs) 11:00am-11:45pm	
Combatives 6:30pm-7:30pm						
Master Cycle 7:30pm-8:30pm						

10 Calendar 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 calendar days before you make an enrollment decision. We will provide you with 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 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