




Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lesson 11:30am-12:30pm	Private Lesson 11:30am-12:30pm	Private Lesson 11:30am-12:30pm	Private Lesson 11:30am-12:30pm	MC Technique (No-gi) 11:00am-12:00pm
	Private Lesson 12:30pm-1:30pm	Private Lesson 12:30pm-1:30pm		MC Fight Simulation (No-gi, Gloves, Mouthpiece) 12:00pm-12:30pm
	 <p><b>RANGES</b> Gracie Jiu-jitsu SELF DEFENCE FOR EVERYONE Fun · Simple · Safe</p>			GC Reflex Development 12:30pm-1:30pm
Jr. Grapplers (7-12 yrs) 4:30pm-5:30pm			Black Belt Club (Kids) 4:30pm-5:30pm	Gracie Combatives (Bring-a-Friend Class) 1:30pm-2:30pm
Little Champs (5-7 yrs) 5:30pm-6:00pm			Women Empowered 5:30pm-6:30pm	Women Empowered (Bring-a-friend Class) 2:30pm-3:30pm
Gracie Combatives 6:00pm-7:00pm	Private Lesson 6:30pm-7:30pm	Gracie Combatives (Bring-a-friend Class) 7:00pm-8:00pm	Gracie Combatives 6:30pm-7:30pm	Black Belt Club (Kids) 3:30pm-4:30pm
MC Technique 7:00pm-8:00pm	Private Lesson 7:30pm-8:30pm	MC Tech + Sparring GI 8:00pm-9:00pm	GC Reflex Development 7:30pm-8:30pm	Jr. Grapplers (7-12 yrs) 4:30pm-5:30pm
MC Sparring 8:00pm-9:00pm	Private Lesson 8:30pm-9:30pm	MC Tech + Sparring No GI 9:00pm-10:00pm	MC Technique 8:30pm-9:30pm	Little Champs (5-7 yrs) 5:30pm-6:00pm
		MC Fight Simulation 10:00pm – 10:30pm	MC Sparring 9:30pm-10:30pm	

<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>GRACIE COMBATIVES®</b> Beginner Jiu-Jitsu         </div> <div style="background-color: #007bff; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 2em;">GC</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>WOMEN EMPOWERED®</b> Women's Self Defence         </div> <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 2em;">WE</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>MASTER CYCLE®</b> Advanced Jiu-Jitsu         </div> <div style="background-color: #212121; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 2em;">MC</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>GRACIE BULLYPROOF®</b> Kids Jiu-Jitsu         </div> <div style="background-color: #f44336; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 2em;">BP</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>Private VIP</b> All students         </div> <div style="background-color: #4caf50; color: white; padding: 10px; text-align: center; font-weight: bold; font-size: 2em;">PL</div>
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### 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, 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!