




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lesson 7:30am-8:30am		Private Lesson 7:30am-8:30am	Private Lesson 7:30am-8:30am	Private Lesson 7:30am-8:30am	MC Technique (No-gi) 11:00am-12:00pm
					MC Fight Simulation (No-gi, Gloves, Mouthpiece) 12:00pm-12:30pm
					GC Reflex Development 12:30pm-1:30pm
	Jr. Grapplers (7-12 yrs) 4:30pm-5:30pm			Jr. Grapplers (7-12 yrs) 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 6:30pm-7:30pm	Private Lesson 6:30pm-7:30pm	Private Lesson 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	Black Belt Club (Kids) 3:30pm-4:30pm
MC Technique 7:30pm-8:30pm	MC Technique 8:00pm-9:00pm	Private Lesson 7:30pm-8:30pm	Private Lesson 7:30pm-8:30pm	GC Reflex Development 7:30pm-8:30pm	Jr. Grapplers (7-12 yrs) 4:30pm-5:30pm
Gracie Combatives (Bring-a-friend Class) 8:30pm-9:30pm	MC Sparring 9:00pm-10:00pm	Private Lesson 8:30pm-9:30pm	Private Lesson 8:30pm-9:30pm	MC Technique 8:30pm-9:30pm	Little Champs (5-7 yrs) 5:30pm-6:00pm
				MC Sparring 9:30pm-10:30pm	Gracie Combatives 6:30pm-7:30pm

### 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. We will provide you with a 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 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 Ranges Gracie Jiu-Jitsu