




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Master Cycle 9:00am-10:00am
					Gracie Combatives 10:00am-11:00am
					Women Empowered 11:00am-12:00pm
Mat Munchkins (3-5 yrs) 4:30pm-5:00pm	Little Champs (5-7 yrs) 4:00pm-5:00pm	Jr. Grapplers (8-12 yrs) 4:00pm-5:00pm	Little Champs (5-7 yrs) 4:00pm-5:00pm		Jr. Grapplers (8-12 yrs) 12:00pm-1:00pm
Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Reflex Development 5:00pm-6:00pm	Black Belt Club (invite only) 5:00pm-6:00pm		
Gracie Combatives 6:00pm-7:00pm	Women Empowered 6:00pm-7:00pm		Gracie Combatives 6:00pm-7:00pm		
Master Cycle + Fight Sim 7:00pm-8:30pm	Gracie Combatives 7:00pm-8:00pm		Master Cycle (no gi) 7:00pm-8:00pm		

Class schedule subject to change. Additional notes below:

1. Only white gis are permitted. In the Master Cycle classes marked (no gi) students are required to wear no-gi attire which consists of a rash guard or Gracie Nappanee dry-fit with white gi pants or fight shorts with or without spats underneath (no other pants, shorts or t-shirts allowed). Please wear your jiu-jitsu belt in no-gi classes.
2. The Reflex Development Class is for advanced Gracie Combatives students. To qualify to participate in Reflex Development Classes students must first complete each of the 23 Gracie Combatives lessons two times.
3. Mat Munchkins is only offered in 10-week sessions. Contact us to find out when the next 10-week sessions begins.

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 Gracie Jiu-Jitsu