



## Hours

Monday
<b>6:00pm – 8:30pm</b>
Tuesday
<b>5:30pm – 8:00pm</b>
Wednesday
<b>6:00pm – 8:30pm</b>
Thursday
<b>5:30pm – 8:00pm</b>
Friday
<b>6:00pm – 9:00pm</b>
Saturday
<b>9:30am – 2:30pm</b>
Sunday
<b>Closed</b>

## Class Schedule

MON	TUE	WED	THU	FRI	SAT
Combatives 6:00 pm	Little Champs 5:30 pm	Combatives 6:00 pm	Little Champs 5:30 pm	Combatives 6:00 pm	Little Champs 9:30 am
Master Cycle 7:00 pm	Jr. Grapplers 6:15 pm	Master Cycle 7:00 pm	Jr. Grapplers 6:15 pm	Combatives 7:00 pm	Jr. Grapplers 10:15 am
	Women Empowered 7:00pm		Women Empowered 7:00 pm	Reflex Development 8:00 pm	Women Empowered 11:00 am
					Reflex Dev. 11:00 am
					Combatives 12:00 pm
					Master Cycle 1:00 pm

## Programs & Pricing

**Combatives (Beginner Adult):** Gracie Combatives is our beginner program for adults. In this program, you will learn the 36 core techniques of Gracie Jiu-Jitsu (also known as Brazilian Jiu-Jitsu or BJJ) in a fun, safe, and cooperative environment.

**Bullyproof (Kids 5-13):** We will teach your child to use verbal assertiveness to deter bullies and several non-violent self-defense techniques to stay safe if physically assaulted. We use leverage-based control holds to neutralize threats without violence. Little Champs: Ages 5-7. Jr. Grapplers: Ages 8-13

**Women Empowered (Beginner Ladies):** Women Empowered is the official Gracie self-defense program for women based on the techniques of Brazilian Jiu-Jitsu (BJJ). In this 15-lesson program, we will teach you how to neutralize the 20 most common attacks against women.

**Master Cycle (Advanced Adult):** Beyond Gracie Combatives belt, Gracie Jiu-Jitsu consists of hundreds of advanced techniques organized into a clearly defined, systematic curriculum called the Master Cycle.

**Fundamentals of Striking (Advanced Beginner Adult):** An add-on training program which provides basic training to jiu jitsu students in various striking aspects of martial arts.

Classes / Week	Cost per Month	Cost Per Class
Individual Memberships		
1 Class	\$100	\$25.00
2 Classes	\$140	\$17.50
Unlimited (individual)	\$160	\$8.00
Family Memberships		
Family Plan- 3 ppl (Unlimited classes)	\$250	\$4.16
Family Plan > 3 ppl	+\$80/person	\$4.13