



Hours

| |
|------------------------|
| Monday |
| 6:00pm – 8:30pm |
| Tuesday |
| 5:30pm – 8:00pm |
| Wednesday |
| 6:00pm – 9:30pm |
| Thursday |
| 5:30pm – 8:00pm |
| Friday |
| 6:00pm – 8:00pm |
| Saturday |
| 9:30am – 2:30pm |
| Sunday |
| Closed |

Class Schedule

| MON | TUE | WED | THU | FRI | SAT |
|-------------------------|--------------------------------|----------------------------------|-------------------------------|-----------------------|--------------------------------|
| Combatives 6:00 pm | Little Champs 5:30 pm | Reflex Development 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 | Combatives 7:00 pm | Jr. Grapplers 6:15 pm | Combatives 7:00 pm | Jr. Grapplers 10:15 am |
| | Fund. Of Striking 7:00pm | Master Cycle 8:00 pm | Women Empowered 7:00 pm | | Women Empowered 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 | Includes |
|--|----------------|---|
| Individual Memberships | | |
| 1 Class | \$100 | FREE Uniform, Online Curriculum Access |
| 2 Classes | \$140 | FREE Uniform, Online Curriculum Access |
| Unlimited (individual) | \$160 | FREE Uniform, Online Curriculum Access |
| Family Memberships | | |
| Family Plan- 3 ppl (Unlimited classes) | \$250 | FREE Uniform (up to 3), Family Online Curriculum Access |
| Family Plan > 3 ppl | +\$80/person | FREE Uniform, Online Curriculum Access |