




GRACIE JIU-JITSU®

ELK GROVE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit-Jitsu (Mat 1) 8:30am-9:30am	Fit-Jitsu (Mat 1) 8:30am-9:30am	Fit-Jitsu (Mat 1) 8:30am-9:30am	Fit-Jitsu (Mat 1) 8:30am-9:30am	Fit-Jitsu (Mat 1) 8:30am-9:30am	Fit-Jitsu (Mat 1) 8:00am-9:00am
Gracie Combatives 11:30am-12:30pm	MC Technique (No-gi) 11:30am-12:30pm	Gracie Combatives 11:30am-12:30pm	MC Technique (No-gi) 11:30am-12:30pm	GC Reflex Development 11:30am-12:30pm	MC Technique 9:00am-10:00am
GC Reflex Development 12:30pm-12:45pm	MC Fight Simulation (No-gi, Gloves & Mouthpiece) 12:30pm-1:00pm	GC Reflex Development 12:30pm-12:45pm	MC Sparring (No-gi) 12:30pm-1:00pm	MC Fundamentals 1:00pm-2:00pm	MC Sparring 10:00pm-10:30pm
MC Technique 1:00pm-2:00pm	Gracie Combatives 1:30pm-2:30pm	MC Technique 1:00pm-2:00pm	Gracie Combatives 1:30pm-2:30pm	MC Positional Sparring 2:00pm-2:30pm	Gracie Combatives (Bring-a-Friend Class) 10:45am-11:45am
MC Positional Sparring 2:00pm-2:30pm	GC Reflex Development 2:30pm-2:45pm	MC Sparring 2:00pm-2:30pm	GC Reflex Development 2:30pm-2:45pm		GC Reflex Development 11:45pm-12:00pm
Little Champs (5-7 yrs) 4:00pm-4:45pm		Little Champs (5-7 yrs) 4:00pm-4:45pm			Gracie Combatives (Women Only Mat 1) 12:30pm-1:30pm
Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Mat Munchkins (3-5 yrs) 3:45pm-4:15pm	Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm	Mat Munchkins (3-5 yrs) 3:45pm-4:15pm	Little Champs (5-7 yrs) 4:30pm-5:15pm	Jr. Grapplers (8-12 yrs) 1:45pm-2:45pm
Fit-Jitsu (Mat 2) 5:30pm-6:30pm	Fit-Jitsu (Mat 2) 5:30pm-6:30pm	Fit-Jitsu (Mat 2) 5:30pm-6:30pm	Fit-Jitsu (Mat 2) 5:30pm-6:30pm	Fit-Jitsu (Mat 2) 5:30pm-6:30pm	Little Champs (5-7 yrs) 3:00pm-3:45pm
MC Technique (No-gi) 6:30pm-7:30pm	Black Belt Club (Kids) 5:00pm-6:00pm	MC Technique (No-gi) 6:30pm-7:30pm	Black Belt Club (Kids) 5:00pm-6:00pm	Jr. Grapplers (8-12 yrs) 5:30pm-6:30pm	
MC Sparring (No-gi) 7:30pm-8:00pm	Gracie Combatives (Co-Ed Mat 1/Women Only Mat 2) 6:30pm-7:30pm	MC Positional Sparring (No-gi) 7:30pm-8:00pm	Gracie Combatives 6:30pm-7:30pm	GC Reflex Development 6:45pm-7:45pm	
Gracie Combatives 8:15pm-9:15pm	GC Reflex Development 7:30pm-7:45pm	Gracie Combatives (Bring-a-friend Class) 8:15pm-9:15pm	GC Reflex Development 7:30pm-7:45pm	MC Fundamentals 8:00pm-9:00pm	
GC Reflex Development 9:15pm-9:30pm	MC Tech & Sparring 8:00pm-9:30pm	GC Reflex Development 9:15pm-9:30pm	MC Tech & Fight Sim (Gi, Gloves & Mouthpiece) 8:00pm-9:30pm	MC Positional Sparring 9:00pm-9:30pm	

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 give you full access to our beginner programs for 10 calendar days and 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

