




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) 9:30am-10:30am |
| Gracie Combatives 11:30am-12:30pm | | Gracie Combatives 11:30am-12:30pm | | GC Reflex Development 11:30am-12:30pm | MC Technique 9:00am-10:00am |
| GC Reflex Development 12:30pm-12:45pm | | GC Reflex Development 12:30pm-12:45pm | | 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 | Mat Munchkins (3-5 yrs) 3:45pm-4:15pm | Little Champs (5-7 yrs) 4:00pm-4:45pm | | | Gracie Combatives (Women Only Mat 1) 12:30pm-1:30pm |
| Open Mat (Mat 2: Members Only) 4:00pm-5:30pm | Open Mat (Mat 2: Members Only) 4:00pm-5:30pm | Open Mat (Mat 2: Members Only) 4:00pm-5:30pm | Open Mat (Mat 2: Members Only) 4:00pm-5:30pm | Open Mat (Mat 2: Members Only) 4:00pm-5:30pm | Open Mat (Mat 2: Members Only) 1:00pm-4:00pm |
| Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm | Fit-Jitsu (Mat 2) 5:30pm-6:30pm | Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm | Mat Munchkins (3-5 yrs) 3:45pm-4:15pm | Little Champs (5-7 yrs) 4:00pm-4:45pm | Jr. Grapplers (8-12 yrs) 1:45pm-2:45pm |
| | Black Belt Club (Kids) 5:00pm-6:00pm | 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 | Gracie Combatives (Women Only Mat 1) 6:30pm-7:30pm | MC Technique (No-gi) 6:30pm-7:30pm | Black Belt Club (Kids) 5:00pm-6:00pm | Jr. Grapplers (8-12 yrs) 5:00pm-6:00pm |  |
| MC Sparring (No-gi) 7:30pm-8:00pm | GC Reflex Development 7:30pm-7:45pm | MC Positional Sparring (No-gi) 7:30pm-8:00pm | Gracie Combatives 6:30pm-7:30pm | GC Reflex Development 6:30pm-7:30pm | |
| Gracie Combatives 8:15pm-9:15pm | MC Tech & Sparring (Mat 2) 6:30pm-8:00pm | 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 | Gracie Combatives & RD (Co-Ed Mat 1) 8:00pm-9:15pm | 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 | |
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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