



Hours

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

Class Schedule

MON	TUE	WED	THU	FRI	SAT
Combatives 6:00 pm	Little Champs 5:30 pm	Combatives 6:00 pm	Little Champs 5:30 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 6:00 pm	Jr. Grapplers 10:15 am
	Women Empowered 7:00pm		Women Empowered 7:00 pm	Combatives 7:00 pm	Women Empowered 11:00 am
				Reflex Development 8:00 pm	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	\$130	\$32.50
2 Classes	\$175	\$21.87
Unlimited (individual)	\$195	\$10.00
Family Memberships		
Family Plan- 3 ppl (Unlimited classes)	\$300	\$5.00
Family Plan > 3 ppl	+\$100/person	\$5.00