



## 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<br>6:00 pm   | Little<br>Champs<br>5:30 pm  | Combatives<br>6:00 pm   | Little<br>Champs<br>5:30 pm |     | Little<br>Champs<br>9:30 am    |
| Master Cycle<br>7:00 pm | Jr. Grapplers<br>6:15 pm     | Master Cycle<br>7:00 pm | Jr. Grapplers<br>6:15 pm    |     | Jr. Grapplers<br>10:15 am      |
|                         | Women<br>Empowered<br>7:00pm |                         | Master Cycle<br>7:00 pm     |     | Women<br>Empowered<br>11:00 am |
|                         |                              |                         |                             |     | Reflex Dev.<br>11:00 am        |
|                         |                              |                         |                             |     | Combatives<br>12:00 pm         |
|                         |                              |                         |                             |     | Master Cycle<br>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 |  |
|----------------------------------------|----------------|--|
| Individual Memberships                 |                |  |
| 1 Class                                | \$130          |  |
| 2 Classes                              | \$175          |  |
| Unlimited (individual)                 | \$195          |  |
| Family Memberships                     |                |  |
| Family Plan- 3 ppl (Unlimited classes) | \$300          |  |
| Family Plan > 3 ppl                    | +\$100/person  |  |