


# Gracie Jiu-Jitsu Academy

www.GracieJiuJitsuMichigan.com | 2965 Orchard Lake Rd. Keego Harbor, MI 48320 | (248) 657-0121

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Reflex Development</b> 9:30am-10:30am
					<b>Gracie Combatives</b> (Bring-a-Friend Class) 10:30am-11:30am
	<b>Gracie Combatives</b> 12:00pm-1:00pm	<b>Gracie Combatives</b> 11:30am-12:30pm	<b>Gracie Combatives</b> 12:00pm-1:00pm	<b>Gracie Combatives</b> 11:30am-12:30pm	<b>MC Fight Simulation</b> (No-gi, Gloves, Mouth Piece) 11:30am-12:30pm
					<b>Jr. Grapplers (8-14yrs)</b> 12:30pm-1:30pm
					
<b>Black Belt Club (Kids)</b> 5:30pm-6:30pm	<b>Little Champs (5-7 yrs)</b> 5:15pm-6:15pm	<b>Little Champs (5-7 yrs)</b> 4:30pm-5:30pm	<b>Little Champs (5-7 yrs)</b> 5:30pm-6:30pm	<b>Black Belt Club (Kids)</b> 5:30pm-6:30pm	
<b>Gracie Combatives</b> 6:30pm-7:30pm	<b>Jr. Grapplers (8-14 yrs)</b> 6:15pm-7:15pm	<b>Jr. Grapplers (8-14 yrs)</b> 5:30pm-6:30pm	<b>Gracie Combatives</b> 6:30pm-7:30pm	<b>MC Street Sparring</b> (No-gi, Gloves, Mouth Piece) 6:30pm-7:30pm	
<b>MC Technique (gi)</b> 7:30pm-8:30pm	<b>Women Empowered</b> (Bring-a-Friend Class) 7:30pm-8:30pm	<b>MC Technique (gi)</b> 6:30pm-7:30pm	<b>Women Empowered</b> 7:30pm-8:30pm	<b>Reflex Development</b> 7:30pm-8:30pm	
	<b>Gracie Combatives</b> 8:30pm-9:30pm	<b>Gracie Combatives</b> (Bring-a-friend Class) 8:00pm-9:00pm			

## 10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At the Gracie Academy, however, we prefer that you try our programs for 10 days before you make a decision, so that you are 100% certain that they are right for you. We will provide you with a gi (uniform) and give you full access to any of our beginner programs for a full 10 days. Assuming you love the techniques, the instructors, and the overall vibe of the Academy, you can sign up after the trial period. If for any reason it doesn't work out – due to work, traffic, scheduling, or anything else – simply return the uniform, and we won't charge you a thing! Absolutely no experience is necessary and you will love the classes – we guarantee it! Speak to a Student Services Representative about starting your 10-day trial today!

## Six Things Every Student Should Know...

1. Respect everything and everyone at the Academy
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