

# Gracie Jiu-Jitsu Academy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Master Cycle 11:00am-12:00pm	PDBJJ – Foundation 11:30am-12:30pm	Master Cycle 11:00am-12:00pm	Master Cycle 11:00am-12:00pm	Master Cycle 11:00am-12:00pm	Little Champs (5-7 yrs) 9:30am-10:15am	
Master Cycle Sparring 12:00pm-12:30pm	PDBJJ – Sparring 12:30pm-1:30pm	Master Cycle Sparring 12:00pm-12:30pm	Master Cycle Sparring 12:00pm-12:30pm	Master Cycle Sparring 12:00pm-12:30pm	Jr. Grapplers (8-13 yrs) 10:30am-11:15am	
Gracie Combatives 12:30pm-1:30pm		Gracie Combatives 12:30pm-1:30pm	Gracie Combatives 12:30pm-1:30pm	Gracie Combatives 12:30pm-1:30pm	Women Empowered 11:30am-12:30pm	PDBJJ – Foundation 11:30am-12:30pm
					Gracie Combatives 12:30pm-1:30pm	PDBJJ – Sparring 12:30pm-1:30pm
					Master Cycle Technique 1:30pm-2:30pm	
Little Champs (5-7 yrs) 4:00pm-4:45pm		Little Champs (5-7 yrs) 4:00pm-4:45pm			Master Cycle Sparring 2:30pm-3:30pm	
Jr. Grapplers (8-13 yrs) 5:00pm-5:45pm		Jr. Grapplers (8-13 yrs) 5:00pm-5:45pm				
Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	PDBJJ – Foundation 6:00pm-7:00pm		
Master Cycle Technique 7:00pm-8:00pm	Women Empowered 7:00pm-8:00pm	Master Cycle Technique 7:00pm-8:00pm	Master Cycle Technique 7:00pm-8:00pm	PDBJJ – Sparring 7:00pm-8:00pm		
Master Cycle Sparring 8:00pm-9:00pm	GC Reflex Development 8:00pm-9:00pm	Master Cycle Sparring 8:00pm-9:00pm	Master Cycle Sparring 8:00pm-9:00pm			

# ***Gracie Jiu-Jitsu Academy***

## **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 upon joining up. If for any reason during your trial it doesn't work out – due to work, traffic, scheduling, or anything else – simply let us know, 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 receptionist about starting your 10-day trial today!

## **Our mission at Gracie Jiu Jitsu Templestowe**

Every member will receive the means and the ability to become the best version of themselves possible through Jiu Jitsu.

## **Things Every Student Should Know...**

1. Keeping our academy clean, safe and welcoming is important to us. Therefore, it is important to you.
2. Make the most of every session on the mat, we enjoy answering questions so please feel free to ask questions.
3. Keep your training gear clean, wash it after every class.
4. We are all on the same team, learn from and share with everyone.
5. Please feel free to bring friends, but please let us know ahead of time so we can expect them.

