


# Gracie Jiu-Jitsu Academy

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

