

# Gracie Barra – Champions Forest

MMAChampionsForest.com

## Muay Thai Kickboxing

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 -12 pm						
12 - 1 pm		Muay Thai Levels: I-III Beginner (Gerardo)		Muay Thai Levels: I-III Beginner (Gerardo)		
5:15-6 pm		Muay Thai Youth (Gerardo)		Muay Thai Youth (Gerardo)		
6 – 7 pm	Muay Thai Levels: I-III Beginner (Gerardo)	Muay Thai Levels: I-III Beginner (Gerardo)	Muay Thai Circuit All levels Beginner (Gerardo)	Muay Thai Levels: I-III Beginner (Gerardo)	Muay Thai Circuit Level: all Beginner (Gerardo)	
7 – 8 pm	MMA CLASS (Gerardo) MMA Fundamentals	Muay Thai Levels: I-III (Gerardo)		Muay Thai Levels: I-III (Gerardo)		

- Level: I – Minimal experience.
- Level: II – Basic level of Kickboxing. \* Must wear headgear, mouth piece, and 16oz gloves when sparring.
- Level: III- By invitation from Head Muay Thai Coach, Daniel Kim.

## Brazilian Jiu-Jitsu, Self Defense, & MMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 7 am						
10:15-11 am						BJJ Youth
11 -12:30 pm	BJJ Fundamentals (Marcelo)	BJJ Fundamentals (Marcelo)	BJJ Fundamentals (Marcelo)	BJJ (no-gi) Fundamentals (Alejandro)	BJJ Fundamentals (Marcelo)	BJJ All Levels (Marcelo)
12-12:30						
1-2 pm						
5:15-6 pm	BJJ Youth		BJJ Youth (no-gi)		BJJ Youth	
6-7 pm						
7-8 pm	BJJ Fundamentals (Marcelo)	BJJ Fundamentals (Marcelo)	BJJ Advanced (Marcelo)	BJJ (no-gi) Fundamentals (Alejandro)	BJJ All Levels (Marcelo)	
8-9 pm	BJJ Advanced (Marcelo)	BJJ Advanced (Marcelo)	BJJ Fundamentals (Marcelo)	BJJ (no-gi) Advanced (Alejandro)		

- Fundamental BJJ: For ALL BJJ Students White – Black Belt; consists of fundamental BJJ and self defense Techniques.
- Advanced BJJ, No Gi, and MMA Sparring: For White Belt 3 stripes and above students with approximately 4 months of training.

## Fitness Training

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 -11:00 am						
11 am-12 pm						
12 pm – 1 pm						
5:15-6 pm	Cardio Kick Boxing (Gerardo)	Cross fit (Edwards)	Cardio Kick Boxing (Gerardo)	Cross fit (Edwards)	Cardio Kick Boxing (Gerardo)	
6:15 – 7pm	Cross fit (Edwards)		Cross fit (Edwards)		Cross fit (Edwards)	
8-9 pm						

*Schedule begins March 8th*