

# Gracie Barra - Magnolia

281-259-3656 - MMATheWoodlands.com

## Muay Thai Kickboxing

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

- 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						
10-11 am						BJJ Youth (Open)
11 - 12:30 pm	BJJ Fundamentals (Siqueira)		No-Gi All Levels (Moore)		BJJ Fundamentals (Moore)	BJJ All Levels (Open)
12- 12:30						
1-2 pm						
5:15-6 pm	BJJ Youth 5-9yrs (Siqueira)	BJJ Youth 5-9yrs (Roy)		BJJ Youth 5-9yrs (Moore)		
6-7 pm	BJJ youths 10-14 yrs(Siqueira)	BJJ youths 10-14 yrs		BJJ youths 10-14 yrs(Moore)	BJJ Youth (Lord/Stickney)	
7-8:30 pm	BJJ all levels (Siqueira)	BJJ all levels (Moore)	BJJ all levels (Moore)	BJJ all levels (Robo)	BJJ All Levels (Lord/Stickney)	
8:30-9pm	Mat Cleaning	Mat Cleaning	Mat Cleaning	Mat Cleaning		

- 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
9:30 - 10:30 am						Cross fit
11 am- 12 pm						
12 pm – 1 pm						
5:15-6 pm	Cross fit (Moore)	Cross fit (Moore)		Cross fit (Wald)	Cross fit (Moore)	
6:15 – 7pm						
8-9 pm						

