

Gracie Barra - Magnolia

281-259-3656 - MMAMagnolia.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 All levels (Moore)	Muay Thai Levels: I-III Beginner (Moore)	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 (Stickey)
11 -12:30 pm	BJJ Fundamentals (Siqueira)		No-Gi All Levels (Moore)		BJJ Fundamentals (Moore)	BJJ All Levels (Stickey)
12-12:30						
1-2 pm						
5:15-6 pm	BJJ Youth (Siqueira)	BJJ Youth (Roy)		BJJ Youth (Robo)		
6-7 pm					BJJ Youth (Gotay)	
7-8 pm	BJJ Fundamentals (Siqueira)	BJJ Advanced (Moore)	MMA Fundamentals (Moore)	BJJ Advanced (Robo)	BJJ All Levels (Gotay)	
8-9 pm	BJJ Advanced (Siqueira)	BJJ Fundamentals (Moore)	No-Gi All Levels (Moore)	BJJ Fundamentals (Robo)		

- 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	Fight fit (Moore)	Fight fit (Moore)		Fight fit (Moore)	Fight fit (Moore)	
6:15 – 7pm						
8-9 pm						

Schedule begins January 18th