

Gracie Barra - The Woodlands

281-298-3662 - MMATheWoodlands.com

Muay Thai Kickboxing						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 -12 pm		Muay Thai Levels: I-III (Kim / Area B)		Muay Thai Level I-III (Kim / Area B)		10:30-11 Muay Thai Intro
12 - 1 pm			Muay Thai Youth			Muay Thai Levels I-III (Kim / Area B)
5:15-6 pm		4:45-5:15 Muay Thia Intro	4:45-5:15 Muay Thai Intro	4:45-5:15 Muay Thai Intro	4:45-5:15 Muay Thai intro	
			Muay Thai Youth (Kim/ Area B)		Muay Thai Youth (Kim / Area B)	
6 – 7 pm	6-6:30 Muay Thai Intro	Muay Thai Circuit Levels: I-III (2 hrs) (Kim / Area B)	Muay Thai Basics Level: I Only (Kim / Area B)	Muay Thai Basics Level: I Only (Kim / Area B)	Muay Thai Circuit Levels: I-III (2 hrs) (Kim / Area B)	
7 – 8 pm		Muay Thai Competition Level: III Only (Kim / Area C)	Muay Thai Adv. Levels: II-III (Kim / Area C)	Muay Thai Adv. Levels: II-III (Kim / Area C)	Muay Thai Comp. Level: III Only (Kim / Area C)	
<ul style="list-style-type: none"> 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		BJJ – All Levels (Siqueira – Area A)		BJJ – All Levels (Lord– Area A)		
10-11 am						BJJ Youth- all ages (siqueira)- Area A)
11 -12 pm	BJJ – All Levels (Alex Milicevic- Area A)	BJJ – All Levels (Siqueira- Area A)	BJJ – All Levels (Siqueira - Area A)	BJJ – All Levels (Siqueira– Area A)	BJJ – All Levels (Siqueira)- Area A)	BJJ – All Levels (Siqueira) - Area A)
12-12:30	Advanced roll	Advanced roll	Advanced roll	Advanced roll	Advanced roll	Advanced roll
12:30-1:30 pm		BJJ Youth- All ages		BJJ Youth- All ages		Instructor class/open mat
5:15-6 pm	BJJ Youth ages 5-9 yrs (Robo- Area A)	BJJ Youth ages 5-9 yrs (Siqueira - Area A)		BJJ Youth ages 5-9 yrs (Siqueira- Area A)		
6-7 pm	Youth BJJ ages 10-14 (Robo- Area A)	Youth BJJ ages 10-14 (Siqueira - Area A)	Competition Class All aspects of tournament BJJ Open to all levels (Siqueira– Area A & C)	Youth BJJ ages 10-14 (Siqueira- Area A)	Advanced BJJ Sparring (Siqueira)- Area A)	
	Boxing for MMA- All Levels (Wood / Boxing Ring)	Advanced BJJ (Robo)		Advanced BJJ (Siqueira)		
7-8 pm	Fundamental BJJ (Robo- Area A)	Advanced BJJ Sparring (Robo- Area A)	Fundamental BJJ (Siqueira - Area A)	Advanced BJJ Sparring (Siqueira– Area A)	Fundamental BJJ (Siqueira) - Area A)	
8-9 pm	Advanced BJJ (Robo- Area A)	Fundamental BJJ (Robo - Area A)	Advanced BJJ No-Gi (Siqueira - Area A)	Fundamental BJJ (Siqueira– Area A)		
<ul style="list-style-type: none"> 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						Outdoor Conditioning (Kim)
11 am-12 pm						Cardio Kick-Boxing (Kim - Area B)
12 pm – 1 pm		Cardio Kick-Boxing (Kim - Area B)		Cardio Kick-Boxing (Kim - Area B)		
5:15-6 pm	Cardio Kick-Boxing (Wald - Area B)	Cardio Kick-Boxing (Kim - Area B)	Cross fit	Cardio Kick-Boxing (Kim - Area B)	Cross fit	
6:15 – 7pm		Cross fit		Cross Fit		
8-9 pm						

SUMMER KIDS CLASSES START JUNE 7TH