

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)		
12 - 1 pm						Muay Thai Levels I-III (Kim / Area B)
5:15-6 pm			Muay Thai Youth (Kim/ Area B)		Muay Thai Youth (Kim / Area B)	
6 – 7 pm		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)	

- 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 (Gotay – Area A)		BJJ – All Levels (De Souza– Area A)		
10-11 am						BJJ Youth (Gotay- Area A)
11 -12 pm	BJJ – All Levels (Gotay- Area A)	BJJ – All Levels (Gotay- Area A)	BJJ – All Levels (Siqueira - Area A)	BJJ – All Levels (De Souza– Area A)	BJJ – All Levels (Gotay- Area A)	BJJ – All Levels (Gotay- Area A)
12-12:30						
1-3 pm						Open Mat
5:15-6 pm	BJJ Youth (Gotay- Area A)	BJJ Youth (No-Gi) (Gotay- Area A)		BJJ Youth (Gotay- Area A)		
6-7 pm	Advanced Youth BJJ – Yellow (Gotay- Area A) Boxing for MMA- All Levels (Wood / Boxing Ring)	Adv. Youth BJJ – Yellow (Gotay- Area A)	MMA Fundamentals Advanced BJJ Required (Robo– Area A & C)	Advanced Youth BJJ - Yellow (Gotay- Area A)	Black Belt Sparring (Blue Belt and Higher) (Stickney- Area A)	
7-8 pm	Fundamental BJJ (Gotay- Area A)	Advanced BJJ (Robo- Area A)	Fundamental BJJ (Siqueira - Area A)	Advanced BJJ (De Souza– Area A)	Fundamental BJJ (Stickney- Area A)	
8-9 pm	Advanced BJJ (Gotay- Area A)	Fundamental BJJ (Robo - Area A)	Advanced BJJ No-Gi (Siqueira - Area A)	Fundamental BJJ (De Souza– Area A)		

- 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						

New Schedule – Classes Start January 4, 2010