




# GRACIE BARRA CLASSES

	MON	TUES	WED	THURS	FRI	SAT
6:00-7:00 am		Adults BJJ All levels		Adults BJJ All levels		
8:15-9:15 am						YOGA Adults
9:30-10:30 am						
10:00-11:00 am						Kids BJJ Competition. All ages
11:00-12:00 pm	Adults BJJ All levels	Adults MUAY THAI All levels	Adults BJJ All levels	Adults MUAY THAI All levels	Adults BJJ All levels	Adults BJJ (11:00-12:30) Competition Class Youth-Teens MUAY THAI 6-15 yrs
12:00-1:00 pm						Adult BJJ (11:00-12:30) Competition Class
1:00-2:00 pm						Adult MMA Competition Class
5:00-6:00 pm	Kids BJJ 4-6 yrs & Intro. 4-9 yrs Teens MUAY THAI 11-15 yrs	Kids BJJ 7-9 yrs Youth MUAY THAI 6-10 yrs	Kids BJJ 4-6 yrs & Intro. 4-9 yrs Teens MUAY THAI 11-15 yrs	Kids BJJ 7-9 yrs Youth MUAY THAI 6-10 yrs		
6:00-7:00 pm	Adult BJJ Adv. White belt, 3 Stripes & Up Kids BJJ 12-15 yrs	Adult BJJ Fundamentals. Ends 7:30 pm Kids BJJ 10-11 yrs	Adult BJJ NoGi Adv. White belt, 3 Stripes & Up Ends 7:30 pm Kids BJJ 12-15 yrs	Adult BJJ All levels. Ends 7:30 pm Kids BJJ 10-11 yrs	Adult BJJ Fundamentals BOXING Adults	
7:00-8:00 pm	Adult BJJ Fundamentals Adults MUAY THAI All Levels	MMA Adults	Adults MUAY THAI All levels	MMA Adults	Adults MUAY THAI All levels	

## GET IN TOUCH

ADDRESS 606 Rayford Rd, Suite A Spring, TX 77386

TELEPHONE 281 298 3662

EMAIL [janice@gbthewoodlands.com](mailto:janice@gbthewoodlands.com)