

# 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)	
<ul style="list-style-type: none"> <li>Level: I – Minimal experience.</li> <li>Level: II – Basic level of Kickboxing.* Must wear headgear, mouth piece, and 16oz gloves when sparring.</li> <li>Level: III- By invitation from Head Muay Thai Coach, Daniel Kim.</li> </ul>						

Brazilian Jiu-Jitsu, Self Defense, & MMA						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 7 am		BJJ – All Levels (Bell – Area A)		BJJ – All Levels (Bell – Area A)		
10-11 am						Women's Only BJJ (Stickney / Area D) BJJ Youth (Robo – Area A)
11 -12 pm	BJJ – All Levels (Souza - Area A)	BJJ – All Levels (Souza - Area A)	BJJ – All Levels (Souza - Area A) BJJ Advanced No Gi (Robo - Area B)	BJJ – All Levels (Souza - Area A)	BJJ – All Levels (Gotay - Area A) BJJ Advanced (Souza - Area B)	BJJ – All Levels (Souza / Stickney - Area A)
12-12:30	BJJ Sparring – Advanced (Souza - Area A)	BJJ Sparring – Advanced (Souza - Area A)	BJJ Sparring – Advanced (Robo - Area A)	BJJ Sparring – Advanced (Souza - Area A)	BJJ Sparring – Advanced (Souza - Area A)	BJJ Sparring – Advanced (Stickney- Area A)
1-2 pm						MMA Fundamentals (Linowski- Area A)
5:15-6 pm	BJJ Youth (Robo - Area A)	BJJ Youth (No-Gi) (Gotay - Area A)		BJJ Youth (Robo -Area A)		
6-7 pm	Boxing for MMA- All Levels (Wood / Boxing Ring) Advanced BJJ No Gi (Gotay / Area A)		MMA Fundamentals Advanced BJJ Required (Robo – Area A & C)	MMA Sparring Advanced BJJ Required (Gotay – Area A & C)		
7-8 pm	Fundamental BJJ (Robo / Souza - Area A)	Advanced BJJ (Souza / Stickney- Area A)	Fundamental BJJ (Robo/ Souza - Area A)	Advanced BJJ (Robo / Souza - Area A)	Fundamental BJJ (Souza / Gotay - Area A)	
8-9 pm	Advanced BJJ (Robo / Souza - Area A)	Fundamental BJJ (Souza / Stickney- - Area A) BJJ Sparring – Advanced (Area D)	Advanced BJJ No-Gi (Robo - Area A)	Fundamental BJJ (Robo / Souza - Area A) BJJ Sparring – Advanced (Area D)	Advanced BJJ (Gotay / Area A)	
<ul style="list-style-type: none"> <li>Fundamental BJJ: For ALL BJJ Students White – Black Belt; consists of fundamental BJJ and self defense Techniques.</li> <li>Advanced BJJ, No Gi, and MMA Sparring: For White Belt 3 stripes and above students with approximately 4 months of training.</li> </ul>						

Fitness Training						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 -10:30 am						Fight-Fit Outdoors (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)	Fight-Fit (Dembeck – Area B)	Cardio Kick-Boxing (Kim - Area B)	Fight-Fit (Dembeck – Area B)	
6:15 – 7pm		Fight Fit (Dembeck -Area A)		Fight Fit (Dembeck -Area A)		
8-9 pm			Fight-Fit (Kim – Area D)			

**New Fall 2009 Schedule – Classes Start September 1, 2009**

**New Class!!!**