

# 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 (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 (Robo / Souza - Area A)	BJJ – All Levels (Souza / Dembeck- Area A)	BJJ – All Levels (Robo / Souza - Area A)	BJJ – All Levels (Robo / Souza - Area A)	BJJ – All Levels (Souza / Gotay- Area A)	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 (Souza - Area A)	BJJ Sparring – Advanced (Souza - Area A)	BJJ Sparring – Advanced (Souza - Area A)	BJJ Sparring – Advanced (Stickney- Area A)
12 - 1 pm	BJJ Youth (Dembeck - Area A)	BJJ Youth (Dembeck - Area A)	BJJ Youth (Dembeck - Area A)	BJJ Youth (Dembeck - Area A)		
1 - 2 pm						MMA Fundamentals (Linowski- Area A)
5:15 - 6 pm	BJJ Youth (Robo/ Dembeck - Area A)	BJJ Youth / No-Gi (Dembeck/ Lord - Area A)		BJJ Youth (Robo/ Dembeck -Area A)		
6 - 7 pm	*Monday Night Sparring* Boxing for MMA (Wood / Boxing Ring) All Levels; MMA Team Sparring (Morono / Cage Area) Advanced BJJ Required					
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/ Souza- Area A)	Fundamental BJJ (Robo / Souza - Area A) BJJ Sparring – Advanced (Area D)	Advanced BJJ (Gotay / Area A)	
9 - 9:30pm	BJJ Sparring – Advanced (Area A)		BJJ Sparring – Advanced (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.

## 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 2009 Summer Classes – Through September 1, 2009

New Class!!! BJJ Conditioning – BJJ Sparring Classes