

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 (Corley)		Muay Thai Levels I-III (Corley)		
12 - 1 pm						Muay Thai Levels I-III (Corley)
5:15-6 pm			Muay Thai Youth (Wald)	Muay Thai Youth (Wald)		
6 – 7 pm	Boxing for MMA (Wood)	Muay Thai Basics Levels: I-III (Corley)	Muay Thai Basics Levels: I-III (Corley)	Muay Thai Basics Levels: I-III (Corley)	Muay Thai Basics Levels: I-III (Corley)	
7 – 8 pm		Muay Thai Advanced Levels: II- III (Corley)	Muay Thai Advanced Levels: II-III (Corley)	Muay Thai Advanced Levels: II-III (Corley)	Muay Thai Advanced Levels: II-III (Corley)	

- Basics – Minimal Experience * Gear – hand wraps, gloves.
- Advanced – Coach Approval * Gear - headgear, mouth piece, and 16oz SPARRING gloves.

Brazilian Jiu-Jitsu, Self Defense, & MMA						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 7 am		BJJ – All Levels (Morono)		BJJ – All Levels (Morono)		
10-11 am						BJJ Youth-All (Morono)
11 -12 pm	BJJ – All Levels (Robo)	BJJ – All Levels (Robo)	No Gi BJJ - All Levels (Moore)	BJJ – All Levels (Moore)	BJJ – All Levels (Cepeda)	BJJ – All Levels (Morono)
5:15-6pm	BJJ Kids ages 5-9 yrs (Moore)	BJJ Kids ages 5-9 yrs (Moore /Gotay)			BJJ Kids ages 5-9 yrs (Gotay)	
6-7pm	BJJ Teens ages 10-14 yrs (Robo)	BJJ Teens ages 10-14 yrs (Moore /Gotay)	Wrestling for MMA (Kody)	Women’s BJJ (Patino)	BJJ Teens ages 10-14 yrs (Gotay)	
6-7 pm	BJJ – Fundamentals (Moore)	BJJ – Fundamentals (Patino)	BJJ - Fundamentals (Moore)	IBJJF Competition Training Advanced (Robo)	Black Belt - Open Mat (*Blue Belts and Higher)	
7-8:15 pm	BJJ – Advanced (Robo/Moore)	BJJ - Advanced (Moore)	No Gi BJJ - All Levels (Moore)	BJJ – Black Belt (Robo)	BJJ - Fundamentals (Gotay) *7-8pm	
8:15-9 pm				Executive class - 30 yrs or older (Carlos Martinez)		

- Fundamental BJJ: For ALL BJJ Students White – Black Belt; consists of fundamental BJJ and self defense techniques.
- Advanced BJJ: For White Belt 3 stripes and above students with approximately 4 months of training.
- Black Belt: For Blue Belt and above students with at least 8 months of training.

Fitness Training						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 -10:30 am						
11 am-12 pm						Cardio Kick- Boxing (Corley)
12 pm – 1 pm		Cardio Kick-Boxing (Corley)		Cardio Kick-Boxing (Corley)		
5:15-6 pm	Cardio Kick-Boxing (Wald)	Cardio Kick-Boxing (Corley)			Cardio Kick-Boxing (Corley)	
6:15 – 7pm		Fight fit (Wald)	Fight fit (Wald)	Fight fit (Wald)	Fight fit (Wald)	

Color Codes:

- Blue – Fundamental BJJ
- Purple – Advanced BJJ
- Black – Blue Belt and Up BJJ
- Yellow – Kids BJJ (5-9yrs old)
- Green – Teens BJJ (10-14yrs old)
- Orange – Muay Thai Basics
- Red – Muay Thai Advanced
- Brown – Wrestling
- Pink - Fitness