



GRACIE BARRA WESTCHASE

BRAZILIAN JIU JITSU // MIXED MARTIAL ARTS

2610 Fondren Road // Houston // Texas // 77063

713.977.7418 // info@GBWestchase.com // www.GBWestchase.com

ADULT TRAINING PROGRAMS

WEEKLY CLASS SCHEDULE // SUMMER - FALL 2018

MORNING & LUNCH CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI 6 - 7AM	CARDIO KICKBOXING 6 - 7AM	MUAY THAI 6 - 7AM	CARDIO KICKBOXING 6 - 7 AM	MUAY THAI 6 - 7AM		
ALL LEVELS BJJ 6:30 - 7:30AM	ALL LEVELS BJJ 6:30 - 7:30AM	ALL LEVELS BJJ 6:30 - 7:30AM	ALL LEVELS BJJ 6:30 - 7:30AM	NO-GI BJJ 6:30 - 7:30AM		
LIVE TRAINING - 30MIN.	LIVE TRAINING - 30MIN.	LIVE TRAINING - 30MIN.	LIVE TRAINING - 30MIN.			
CARDIO KICKBOXING 9 - 10AM	CARDIO KICKBOXING 9 - 10AM	CARDIO KICKBOXING 9 - 10AM	CARDIO KICKBOXING 9 - 10AM		BRAZILIAN CAPOEIRA 7YRS OLD & UP 9 - 10AM	
ADVANCED BLUE BELT & UP COMPETITION BJJ 10 - 11:30AM	WOMENS ONLY BJJ ALL LEVELS 10AM - 11AM	ADVANCED BLUE BELT & UP COMPETITION BJJ 10 - 11:30AM	WOMENS ONLY BJJ ALL LEVELS 10AM - 11AM	ADVANCED BLUE BELT & UP COMPETITION BJJ 10 - 11:30AM	CARDIO KICKBOXING 10 - 11AM	CARDIO KICKBOXING 10 - 11AM
MUAY THAI 11AM - 12PM	MUAY THAI 11AM - 12PM	MUAY THAI 11AM - 12PM	MUAY THAI 11AM - 12PM	MUAY THAI 11AM - 12PM	ALL LEVELS BJJ 11AM - 12PM	OPEN MATS BJJ 10 - 11:30AM
ALL LEVELS BJJ 12 - 1PM	ALL LEVELS BJJ 12 - 1PM	ALL LEVELS BJJ 12 - 1PM	LIVE TRAINING ALL LEVELS 12 - 1PM		MUAY THAI 11AM - 12PM	
LIVE TRAINING - 30MIN.	LIVE TRAINING - 30MIN.	LIVE TRAINING - 30MIN.			COMPETITION BJJ 12 - 1PM	
					FILIPINO KALI 14YRS & UP 12 - 1PM (1)	

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO KICKBOXING 5:30 - 6:30PM (1)	CARDIO KICKBOXING 6 - 7PM (1)	CARDIO KICKBOXING 5:30 - 6:30PM (1)	CARDIO KICKBOXING 6 - 7PM (1)	CARDIO KICKBOXING 5:30 - 6:30PM (1)		
FUNDAMENTALS BJJ 6:30 - 7:30PM	MUAY THAI 6-7:30PM (2)	FUNDAMENTALS BJJ 6:30 - 7:30PM	MUAY THAI 6-7:30PM (2)	MUAY THAI 6 - 7:30PM (2)		
CARDIO KICKBOXING 6:30 - 7:30PM (1)	FUNDAMENTALS BJJ 7 - 8PM	CARDIO KICKBOXING 6:30 - 7:30PM (1)	FUNDAMENTALS BJJ 7 - 8PM	NO-GI BJJ 6:30 - 7:45PM		
MUAY THAI 7 - 8:15PM (2)	MMA 7:30 - 8:30PM (2)	MUAY THAI+ SPARRING 7 - 8:15PM (2)	*NO-GI BJJ 7 - 8PM (1)	*WRESTLING 7:30 - 9PM (1)		
ADVANCED BJJ 7:30 - 8:30PM	ADVANCED BJJ 8 - 8:45 PM)	ADVANCED BJJ 7:30 - 8:45PM	MMA 7:30 - 8:30PM (2)			
WRESTLING 7:30 - 9:00PM (1)	FILIPINO KALI AGES 14+ 8:30 - 9:30PM (1)	WRESTLING 7:30 - 9:00PM (1)	ADVANCED BJJ 8 - 9PM			
			FILIPINO KALI AGES 14+ 8:30 - 9:30PM (1)			



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YOUTH TRAINING PROGRAMS WEEKLY CLASS SCHEDULE // SPRING – SUMMER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YOUTH WRESTLING (AGES 7-13) 5 - 6PM (Black Mats)		YOUTH WRESTLING (AGES 7-13) 5 - 6PM (Black Mats)		BRAZILIAN CAPOEIRA (AGES 7+) 9 - 10AM (Black Mats)
YOUTH KICKBOXING (AGES 7-13) 5 - 6PM (Black Mats)	TEEN KICKBOXING (AGES 12-16) 5 - 6PM (Black Mats)	YOUTH KICKBOXING (AGES 7-13) 5 - 6PM (Black Mats)	TEEN KICKBOXING (AGES 12-16) 5 - 6PM (Black Mats)	YOUTH KICKBOXING (AGES 7-13) 4:45-5:45PM (Black Mats)	LIL CHAMPS 1 JIU JITSU COMPETITION (AGES 3-6) 9 - 9:45AM (Blue Mats)
LITTLE CHAMPS 1 JIU JITSU (AGES 3-6) 5:45-6:30PM (Blue Mats)	LITTLE CHAMPS 2 JIU JITSU (AGES 7-9) 5 - 6PM (Blue Mats)	LITTLE CHAMPS 1 JIU JITSU (AGES 3-6) 5:45-6:30PM (Blue Mats)	LITTLE CHAMPS 2 JIU JITSU (AGES 7-9) 5 - 6PM (Blue Mats)	LITTLE CHAMPS 2 & JUNIORS NO-GI BJJ (AGES 7-13) 5:30-6:30PM (Blue Mats)	TEEN KICKBOXING (AGES 12-16) 10 - 11AM (Black Mats)
JUNIORS & LITTLE CHAMPS 2 JIU JITSU ADVANCED (AGES 7-13) 6 - 7PM (Black Mats)	JR.'S JIU JITSU ALL LEVELS (AGES 10-13) 6 - 7PM (Black Mats)	JUNIORS & LITTLE CHAMPS 2 JIU JITSU ADVANCED (AGES 7-13) 6 - 7PM (Black Mats)	JR.'S JIU JITSU ALL LEVELS (AGES 10-13) 6 - 7PM (Black Mats)	BRAZILIAN CAPOEIRA (AGES 7+) 6:30-7:30PM (Black Mats)	LIL CHAMPS 2 & JR.'S JIU JITSU COMPETITION ALL LEVELS (AGES 7-13) 10 - 11AM (Black Mats)
	BRAZILIAN CAPOEIRA (AGES 7+) 7 - 8PM (Black Mats)				YOUTH WRESTLING (AGES 7-13) 11 - 12 PM (Black Mats)

We encourage all prospective students to come try a complimentary class during any of the above listed sessions. Please review our weekly class schedule and choose which class times are age appropriate for your child. Gracie Barra Westchase provides a clean uniform for the trial class and we recommend for you to arrive about 10 minutes early for trial classes.

If you have any questions please give us a call or email us!

Please find more information provided on our website regarding our Youth Programs @ www.GBWestchase.com

* TO ATTEND THE ADVANCED CLASSES ON SCHEDULE, YOU MUST HAVE PRIOR APPROVAL FROM A GBW PROFESSOR/COACH