



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 // SPRING – SUMMER 2017

MORNING & LUNCH CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI 6 – 7 AM	CARDIO KICKBOXING 6 – 7 AM	MUAY THAI 6 – 7 AM	CARDIO KICKBOXING 6 – 7 AM	MUAY THAI 6 – 7 AM		
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	
CARDIO KICKBOXING 12 – 1PM	MUAY THAI ADVANCED 12 – 1PM (2)	CARDIO KICKBOXING 12 – 1PM	MUAY THAI ADVANCED 12 – 1PM (2)		FILIPINO KALI 14YRS & UP 12 – 1PM (1)	
OPEN GYM 12 – 1PM		OPEN GYM 12 – 1PM				

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO KICKBOXING 5:30 – 6:30PM (1)	CARDIO KICKBOXING 5 – 6 PM (1)	CARDIO KICKBOXING 5:30 – 6:30PM (1)	CARDIO KICKBOXING 6 – 7PM (1)	CARDIO KICKBOXING 5:30 – 6:30PM (1)		
ADVANCED BJJ 6:30 – 7:30PM	CARDIO KICKBOXING 6 – 7PM (1)	FUNDAMENTALS BJJ 6:30 – 7:30PM	MUAY THAI BEGINNERS 6-7PM (2)	MUAY THAI 6 – 7:30PM (2)		
CARDIO KICKBOXING 6:30 - 7:30PM (1)	MUAY THAI BEGINNERS 6-7PM (2)	CARDIO KICKBOXING 6:30 – 7:30PM (1)	FUNDAMENTALS BJJ 7 – 8PM	BRAZILIAN CAPOEIRA AGES 7+ 6:30 – 7:30PM (1)		
MUAY THAI BEGINNERS 7 – 8PM (2)	FUNDAMENTALS BJJ 7 – 8PM	MUAY THAI+ SPARRING 7 – 8:15PM (2)	*MUAY THAI ADVANCED 7 – 8PM (2)	NO-GI BJJ 6:30 – 7:45PM		
FUNDAMENTALS BJJ 7:30 – 8:30PM	*MUAY THAI ADVANCED 7 – 8PM (2)	BJJ DRILLS & LIVE TRAINING 7:30 – 8:45PM	*NO-GI BJJ 7 – 8PM (1)			
WRESTLING 7:30 – 8:30PM (1)	BRAZILIAN CAPOEIRA AGES 7+ 7 – 8PM (1)		ADVANCED BJJ 8 – 9PM	*WRESTLING 7:30 – 9PM (1)		
*MUAY THAI ADVANCED 8 – 8:45PM (2)	ADVANCED LIVE TRAINING 8 – 8:45PM		FILIPINO KALI AGES 14+ 8:30 – 9:30PM (1)			
	FILIPINO KALI AGES 14+ 8:30 – 9:30PM (1)					



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YOUTH TRAINING PROGRAMS

WEEKLY CLASS SCHEDULE // SPRING – SUMMER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOUTH KICKBOXING (AGES 7-13) 5 - 6PM (mat 2)	YOUTH WRESTLING (AGES 7-13) 5 - 6PM (mat 2)	YOUTH KICKBOXING (AGES 7-13) 5 - 6PM (mat 2)	YOUTH WRESTLING (AGES 7-13) 5 - 6PM (mat 2)	YOUTH KICKBOXING (AGES 7-13) 4:45-5:45PM (mat 2)	BRAZILIAN CAPOEIRA (AGES 7+) 9 - 10AM (mat 2)
LITTLE CHAMPS 1 JIU JITSU (AGES 3-6) 5:45-6:30PM (BJJ mat)	LITTLE CHAMPS 2 JIU JITSU ALL LEVELS (AGES 7-9) 5 - 6PM (BJJ mat)	LITTLE CHAMPS 1 JIU JITSU (AGES 3-6) 5:45-6:30PM (BJJ mat)	LITTLE CHAMPS 2 JIU JITSU ALL LEVELS (AGES 7-9) 5 - 6PM (BJJ mat)	LITTLE CHAMPS 2 & JUNIORS NO-GI BJJ ALL LEVELS (AGES 7-13) 5:30-6:30PM (BJJ mat)	LIL CHAMPS 1 JIU JITSU COMPETITION (3-6 YEARS OLD) 9 - 9:45AM (BJJ mat)
JUNIORS & LITTLE CHAMPS 2 JIU JITSU ADVANCED (AGES 7-13) 6 - 7PM (mat 2)	JUNIORS JIU JITSU ALL LEVELS (AGES 10-13) 6 - 7PM (BJJ mat)	JUNIORS & LITTLE CHAMPS 2 JIU JITSU ADVANCED (AGES 7-13) 6 - 7PM (mat 2)	JUNIORS JIU JITSU ALL LEVELS (AGES 10-13) 6 - 7PM (BJJ mat)	BRAZILIAN CAPOEIRA (AGES 7+) 6:30-7:30PM (mat 1)	LIL CHAMPS 2 & JUNIORS JIU JITSU COMPETITION ALL LEVELS (7-13 Yrs) 10 - 11AM (BJJ mat)
	BRAZILIAN CAPOEIRA (AGES 7+) 7 - 8PM (mat 1)				YOUTH WRESTLING (AGES 7-13) 11 - 12 PM (mat 1)

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 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