



# GRACIEBARRA

## 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 2017

### MORNING & LUNCH CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI 6-7AM	CARDIO KICKBOXING 6-7AM	MUAY THAI 6-7AM	CARDIO KICKBOXING 6-7AM	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	
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 6-7PM (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	MUAY THAI BEGINNERS 6-7PM (2)	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)	FUNDAMENTALS BJJ 7-8PM	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)	*MUAY THAI ADVANCED 7-8PM (2)	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	BRAZILIAN CAPOEIRA AGES 7+ 7-8PM (1)	BJJ DRILLS & LIVE TRAINING 7:30-8:45PM	*NO-GI BJJ 7-8PM (1)			
WRESTLING 7:30-8:30PM (1)	ADVANCED BJJ 8-8:45 PM		ADVANCED BJJ 8-9PM	*WRESTLING 7:30-9PM (1)		
*MUAY THAI ADVANCED 8-8:45PM (2)	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 // SUMMER / FALL 2017

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

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