

Gracie Barra - Magnolia

281-259-3656 - MMAMagnolia.com

Muay Thai Kickboxing						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 - 1 pm						
5:15 – 6 pm			Youth Muay Thai (Gerardo)	Youth Muay Thai (Gerardo)		
6 – 7 pm	Muay Thai All levels (Gerardo)	Muay Thai All levels (Gerardo)	Muay Thai All levels (Gerardo)	Muay Thai All levels (Gerardo)	Muay Thai All levels (Gerardo)	

- 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
10-11 am						**1030AM-1130AM-Mixed class-All levels kids & adult(Roy)
11 -12:30 pm						*1030AM-1130AM (Roy)
5:15-6 pm	BJJ Youth - All Ages (Morono)	BJJ Youth All Ages (Chaffee)			BJJ Youth – All Ages (Morono)	
6-7 pm	BJJ Fundamentals (Morono)	BJJ Fundamentals (Chaffee)		BJJ Fundamentals (Moore)	BJJ all levels (Morono)	
7-8:15 pm	BJJ Advanced (Morono)	BJJ Advanced (Chaffee)	BJJ No-Gi - All levels (Morono)	BJJ Advanced (Moore)		

- 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 with approximately 4 months of training.

Fitness Training						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6 pm	Fight Fit (Gerardo)	Fight Fit (Gerardo)		Fight Fit (Moore)	Fight Fit (Gerardo)	

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*