



GRACIE BARRA THE WOODLANDS

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JANUARY SPECIAL

20% off 12 Month Paid in Full Memberships

**START YOUR ONE WEEK
FREE TRIAL TODAY!**

Trial Excludes Saturday

EFFECTIVE JANUARY 1, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:00 AM		ADULTS BJJ ALL LEVELS CLASS		ADULTS BJJ ALL LEVELS CLASS		
10:00 - 11:00AM						KIDS BJJ ALL AGES White Belt 1 stripe and up
11:00 – 12:00 PM	ADULTS BJJ ALL LEVELS CLASS	ADULTS MUAY THAI ALL LEVELS CLASS	ADULTS BJJ ALL LEVELS CLASS	ADULTS MUAY THAI ALL LEVELS CLASS	ADULTS BJJ ALL LEVELS CLASS	ADULTS BJJ ALL LEVELS CLASS *90-minute class*
						KIDS/TEENS MUAY THAI 6-14 YEARS
1:00 – 2:00 PM						ADULTS MMA *PLEASE CONTACT COACH ALEX FOR DETAILS*
5:00 – 6:00 PM	TEENS MUAY THAI 11 – 15 YEARS	KIDS MUAY THAI 6 – 10 YEARS	TEENS MUAY THAI 11 – 15 YEARS	KIDS MUAY THAI 6 – 10 YEARS		
	KIDS BJJ 4 – 6 YEARS	KIDS BJJ 7 – 9 YEARS	KIDS BJJ 4 – 6 YEARS	KIDS BJJ 7 – 9 YEARS		
6:00 – 7:00 PM	ADULTS BJJ ADVANCED CLASS White Belt 3 Stripes & up	ADULTS BJJ ALL LEVELS CLASS *90 Minute Class*	ADULTS BJJ - NO GI ADVANCED CLASS White Belt 3 Stripes & up *90 Minute Class*	ADULTS BJJ ALL LEVELS CLASS *90 Minute Class*	ADULTS BJJ FUNDAMENTALS CLASS	
	TEENS BJJ 12 – 15 YEARS	KIDS BJJ 10 – 11 YEARS	TEENS BJJ 12 – 15 YEARS	KIDS BJJ 10 – 11 YEARS		
7:00 – 8:00 PM	ADULTS BJJ FUNDAMENTALS CLASS		ADULTS MUAY THAI ALL LEVELS CLASS		ADULTS MUAY THAI ALL LEVELS CLASS	
	ADULTS MUAY THAI ALL LEVELS CLASS					
7:30 - 8:30 PM		ADULTS MMA *COACH APPROVAL NECESSARY*		ADULTS MMA *COACH APPROVAL NECESSARY*		