GRACIE BARRA WESTCHASE

Adult programs

Weekly start times · Houston local time (America/Chicago)

BJJ and Women's BJJ: ages 14+. Other adult programs are labeled Adults.

Monday

6:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
6:30 AM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
9:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
9:30 AM	**Competition BJJ**	Ages 14+ · Competition; blue belt
11:00 AM	**Muay Thai**	Adults · All levels
12:00 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
6:00 PM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
6:00 PM	**Muay Thai**	Adults · All levels
6:30 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
7:00 PM	**Wrestling**	Adults · No level printed
7:00 PM	**Muay Thai Sparring**	Adults · Sparring; all levels; participation optional
7:30 PM	**Advanced BJJ**	Ages 14+ · Advanced; White belt with at least three stripes, or a higher belt

Tuesday

6:00 AM	**Muay Thai**	Adults · All levels
6:30 AM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
9:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
10:00 AM	**MMA**	Adults · Level not specified
10:00 AM	**Women's BJJ**	Ages 14+ · Gi; all levels
11:00 AM	**Muay Thai**	Adults · All levels
12:00 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
6:00 PM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
6:00 PM	**Muay Thai**	Adults · All levels
6:30 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
7:00 PM	**Muay Thai Advanced**	Adults · Advanced focus; all levels
7:30 PM	**Advanced BJJ**	Ages 14+ · Advanced; White belt with at least three stripes, or a higher belt

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Wednesday

6:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
6:30 AM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
9:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
9:30 AM	**Competition BJJ**	Ages 14+ · Competition; blue belt
11:00 AM	**Muay Thai**	Adults · All levels
12:00 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
6:00 PM	**Muay Thai**	Adults · All levels
6:30 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
7:00 PM	**Muay Thai Sparring**	Adults · Sparring; all levels; participation optional
7:00 PM	**Wrestling**	Adults · No level printed
7:30 PM	**Advanced BJJ**	Ages 14+ · Advanced; White belt with at least three stripes, or a higher belt

Thursday

6:00 AM	**Muay Thai**	Adults · All levels
6:30 AM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
9:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
10:00 AM	**MMA**	Adults · Level not specified
10:00 AM	**Women's BJJ**	Ages 14+ · Gi; all levels
11:00 AM	**Muay Thai**	Adults · All levels
12:00 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
6:00 PM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
6:00 PM	**Muay Thai**	Adults · All levels
6:30 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
7:00 PM	**Muay Thai Advanced**	Adults · Advanced focus; all levels
7:30 PM	**No-Gi BJJ**	Ages 14+ · No-Gi; all levels

GRACIE BARRA WESTCHASE

Adult programs

Weekly start times · Houston local time (America/Chicago)

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Friday

6:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
6:30 AM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels
9:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
11:00 AM	**Muay Thai**	Adults · All levels
6:00 PM	**Muay Thai**	Adults · All levels
6:30 PM	**No-Gi BJJ**	Ages 14+ · No-Gi; all levels

Saturday

10:00 AM	**Cardio Kickboxing**	Adults · Fitness-focused; no level printed
11:00 AM	**Muay Thai**	Adults · All levels
12:00 PM	**BJJ Fundamentals**	Ages 14+ · Fundamentals; all levels

GRACIE BARRA WESTCHASE

Kids programs

Weekly start times · Houston local time (America/Chicago)

Age groups and class levels are listed with each session.

Monday

4:45 PM	**Tiny Champs** Ages 3-4 · Age division
5:00 PM	**Youth Kickboxing** Ages 7-13 · All levels
5:00 PM	**Kids No-Gi** Ages 7-13 · No-Gi
5:30 PM	**Little Champs** Ages 5-6 · Age division

Tuesday

4:45 PM	**Little Champs 2 Beginners** Ages 7-12 · Beginners
5:00 PM	**Youth Kickboxing** Ages 7-13 · All levels
5:30 PM	**Little Champs 2** Ages 7-13 · Age division
7:00 PM	**Kids Wrestling** Ages 6+ · Kids

Wednesday

4:45 PM	**Tiny Champs** Ages 3-4 · Age division
5:00 PM	**Youth Kickboxing** Ages 7-13 · All levels
5:30 PM	**Little Champs** Ages 5-6 · Age division
5:30 PM	**Kids No-Gi** Ages 7-13 · No-Gi

Thursday

4:45 PM	**Little Champs 2 Beginners** Ages 7-12 · Beginners
5:00 PM	**Youth Kickboxing** Ages 7-13 · All levels
5:30 PM	**Little Champs 2** Ages 7-13 · Age division
7:00 PM	**Kids Wrestling** Ages 6+ · Kids

Friday

5:00 PM	**Youth Kickboxing** Ages 7-13 · All levels
5:30 PM	**Little Champs 2** Ages 7-13 · All levels

Saturday

10:00 AM	**Combined Kids BJJ** Ages 3-6 · Combined age group; Saturday only
10:00 AM	**Youth Kickboxing** Ages 7-13 · All levels
11:00 AM	**Little Champs 2** Ages 7-13 · All levels