



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10AM-11AM Warrior Way Kids	
12PM-1PM Muay Thai Mixed	12PM-1PM Gracie Jiu Jitsu Mixed	12PM-1PM Muay Thai Mixed	12PM-1PM Gracie Jiu Jitsu Mixed		11AM-12PM Youth Gracie Jiu Jitsu	9:30AM-12PM Sunday Funday (Posted Weekly)
					12PM-1PM Gracie Jiu Jitsu Fundamentals	
4:30PM-5PM Warrior Way Little Warriors		4:30PM-5PM Warrior Way Little Warriors	4:30PM-5PM Warrior Way Little Warriors		1PM-2PM Adult Open Training	
5PM-6PM Warrior Way Kids	5PM-6PM Warrior Performance	5PM-6PM Warrior Way Kids	5PM-6PM Warrior Performance		2PM-3PM Muay Thai Mixed	
6PM-7PM Youth Muay Thai	6PM-7PM Gracie Jiu Jitsu No-GI	6PM-7PM Youth Muay Thai	5PM-6PM Youth Gracie Jiu Jitsu			
6PM-7PM Gracie Jiu Jitsu Fundamentals	6PM-7PM Muay Thai Mixed	6PM-7PM Gracie Jiu Jitsu Fundamentals	6PM-7PM Gracie Jiu Jitsu Self Defense Mastery			
7PM-8PM Muay Thai Mixed	7PM-8:30PM Gracie Jiu Jitsu Mixed (1+ stripes)	7PM-8PM Muay Thai Mixed	7PM-8:30PM Gracie Jiu Jitsu Advanced (3+ stripes)			
8PM-8:30PM Muay Thai Advanced		8PM-8:30PM Muay Thai Advanced				

Please see back side for class descriptions

Program Information

Gracie Jiu Jitsu Self Defense Mastery - This class is open to ANY student 15 years old or older. The class will focus on the most basic positions, concepts, and self-defense techniques of Gracie Jiu Jitsu.

Gracie Jiu Jitsu Fundamentals – This class is open to ANY student 15 years old or older. Classes follow curriculum that is vital to progression. Fundamental techniques are taught in a controlled setting to make sure students effectively learn basic techniques that build on the next level of their progression. The class ends with controlled drilling of the moves taught in class combined with controlled live sparring.

Gracie Jiu Jitsu Mixed - This class is open to ANY student 15 years old or older. The class will reinforce fundamental techniques as well as the development of application against resisting opponents. The class will include controlled drilling, as well as various kinds of live sparring.

Gracie Jiu Jitsu Advanced – This class is not recommended for beginning students. Classes are structured for higher ranking students that need to develop their timing through drilling and live sparring. The class is for 3 stripe white belts and higher only who are 15 years old or older.

Muay Thai Fundamentals – This class is open to ANY student 15 years old or older. The basics of Muay Thai will be taught at a slower pace than the Mixed class.

Muay Thai Mixed – This class is open to ANY student 15 years old or older as a combination of fundamental and mixed level students.

Muay Thai Advanced – This class is designed to prepare students who have an upcoming Muay Thai fight. Students can attend the class with instructor approval only.

Warrior Way Little Warriors – These classes are open to any child ages 4, 5, & 6 years old. Students will work on a combination of Brazilian Jiu Jitsu, Muay Thai kickboxing, and American Freestyle Karate as well as learning the 8 components of Warrior Way's character development program.

Warrior Way Kids – These classes are open to any child who has achieved the rank of yellow belt in the little warriors class or are ages 7 or older. Students will work on a combination of Brazilian Jiu Jitsu, Muay Thai kickboxing, and American Freestyle Karate as well as learning the 8 components of Warrior Way's character development program.

Youth Muay Thai – This class is only intended for students who have achieved a rank of red belt or higher in our WW Kids program **or** are age 11 or older. This focuses primarily on the techniques and basics taught in our Muay Thai curriculum.

Youth Brazilian Jiu Jitsu – This class is only intended for students who have achieved a rank of red belt or higher in our WW Kids program **or** are age 11 or older. This focuses primarily on the techniques and basics taught in our Brazilian Jiu Jitsu curriculum.

Warrior Performance – This class is for any athlete serious about taking their game to the next level or anyone simply looking to achieve a stronger healthier body. Class is open to all adult students.

Open Training – This is time set aside for open use of the gym. Training sessions are open paying Warrior Way members only.

*If you have any questions or concerns if a class is right for you, please speak with Brandon or Angelo.