



## SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				9:30-10:30AM Law Enforcement Gracie Jiu-Jitsu	10-11AM Warrior Way Kids	9-10AM Gracie Jiu-Jitsu No-Gi Mixed
10:30-11:30AM Gracie Jiu-Jitsu No-Gi Mixed	10:30-11:30AM Muay Thai Mixed	10:30-11:30AM Gracie Jiu-Jitsu No-Gi Mixed		10:30-11:30AM Gracie Jiu-Jitsu No-Gi Mixed	11-12PM Youth Gracie Jiu-Jitsu	
12-1PM Muay Thai Mixed		12-1PM Muay Thai Mixed	12-1PM Gracie Jiu-Jitsu Mixed	11:30-12:30PM MMA Practice (Invite only)	11-12PM MMA Practice (Invite only)	
	4-5PM MMA Practice (Invite only)		5-6PM Muay Thai Mixed		12-1PM Gracie Jiu-Jitsu Fundamentals	
4:30-5PM Warrior Way Little Warriors	5-6PM Striking Circuit	4:30-5PM Warrior Way Little Warriors	4:30-5PM Warrior Way Little Warriors		1-2PM Adult Open Training	
5-6PM Gracie Jiu-Jitsu No-Gi Mixed (1+ stripes)	5-6PM Warrior Performance	5-6PM Gracie Jiu-Jitsu No-Gi Mixed (1+ stripes)	5-6PM Warrior Performance		2-3PM Muay Thai Mixed	
5-6PM Warrior Way Kids	5-6PM Youth Gracie Jiu-Jitsu No-Gi	5-6PM Warrior Way Kids	5-6PM Youth Gracie Jiu-Jitsu			
6-7PM Youth Muay Thai	6-7PM Gracie Jiu-Jitsu Mixed	6-7PM Youth Muay Thai	6-7PM MMA Practice (Invite only)			
6-7PM Gracie Jiu-Jitsu Fundamentals	7-8PM Gracie Jiu-Jitsu No-Gi Mixed	6-7PM Gracie Jiu-Jitsu Fundamentals	6-7PM Gracie Jiu-Jitsu Self-Defense Mastery	6-7:30PM Gracie Jiu-Jitsu No-Gi Mixed		
7-8PM Muay Thai Mixed		7-8PM Muay Thai Mixed	7-8:30PM Gracie Jiu-Jitsu Advanced (3+ stripes)			

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

**Striking Circuit** – A station-based class designed for all skill levels, focusing on key areas like footwork, combos, timing, and defense. Build sharp, well-rounded striking through focused, hands-on training.

**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 10 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 10 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. This class focuses on core strength training and bodyweight exercises. Class is open to all adult students.

**MMA** – Mixed Martial Arts practice applies to both amateur and pro MMA. Participants should be attending at least one Muay Thai and one BJJ class for every one MMA practice. (Invite only - Speak with Brandon)

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

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