

# WARRIOR WAY



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00AM-11:00AM WW Kids
12PM-1PM Muay Thai Mixed	12PM-1PM BJJ Mixed	12PM-1PM Muay Thai Mixed	12PM-1PM BJJ Mixed		11:00AM-12:00PM Teens Jiu-Jitsu
					12:00PM-1PM BJJ Fundamentals II
					1PM-2PM Open Training
	5PM-6PM Warrior Performance		5PM-6PM Warrior Performance		2PM-3PM Muay-Thai Mixed
5PM-6PM WW Kids	5PM-6PM Teens Muay Thai	5PM-6PM WW Kids	5PM-6PM Teens Jiu-Jitsu	5PM-6PM Muay Thai Mixed	
6PM-7PM BJJ Fundamentals I	6PM-7PM Muay Thai Fundamentals	6PM-7PM BJJ Fundamentals I	6PM-7PM Muay Thai Fundamentals	6PM-7PM BJJ Mixed	
7PM-8PM Muay Thai Mixed	7PM-8PM BJJ Fundamentals II	7PM-8PM Muay Thai Mixed	7PM-8PM BJJ Intermediate	7PM-7:30PM Open Training	
8PM-8:30PM Open Training	8PM-8:30PM Open Training	8PM-8:30PM Open Training	8PM-8:30PM Open Training		

**Please see back side for class descriptions**

## **Program Information**

**Brazilian Jiu Jitsu Fundamentals I** – This class is open to ANY student. 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.

**Brazilian Jiu Jitsu Fundamentals II** – This class is open to ANY student. 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.

**Brazilian Jiu Jitsu Mixed** - This class is for all level students. The class will be guided towards the lowest ranking students in the class.

**Brazilian Jiu Jitsu Intermediate** – 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.

**Brazilian Jiu Jitsu Advanced** – This class is designed for drilling and sparring for athletes wishing to practice the moves they learn in realistic competition scenarios. This class is for blue belts and higher only.

**Muay Thai Fundamentals** – This class is open to ANY student. The basics of Muay Thai will be taught at a slower pace than the Mixed class. Sparring is not mandatory in this class.

**Muay Thai Mixed** – This class takes Muay Thai to the next level. Combinations are put together so students can effectively move from punches, to kicks, to elbows and blocks. This class is also recommended for students wishing to compete.

**Mixed Martial Arts (MMA) Training** – This class focuses on MMA training for students preparing for fights, or students simply wishing to get a great workout and put all the aspects of their training together. Class is open to blue belts and above or instructor approval (Angelo) only. Sparring gloves, MMA gloves, and mouthpiece are required for the class.

**Warrior Way Kids** – These classes are open to any child in our kids program ages 6 and up. Kids will work on a combination of Brazilian Jiu Jitsu, Muay Thai kickboxing, and American Freestyle Karate.

**Teens 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.

**Teens 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 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.