



# GB WEST COUNTY

## 2023 Schedule

15425 Manchester Rd ( Next to Hobby Lobby)

Email-Info@gbwestcounty.com

Phone -314-550-0507

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Adult Fundamentals</u> 6am –7am GB1 & GB2		<u>Adult Fundamentals</u> 6am –7am GB1 & GB2			
<u>Adult Kickboxing</u> 11am –12pm		<u>Adult Kickboxing</u> 11am –12pm			<u>Juniors</u> 7yrs to 12yrs 9am– 10am
<u>Adult Fundamentals</u> 12pm-12:45pm GB1 & GB2	<u>Adult NO-Gi</u> 12pm-1pm	<u>Adult Fundamentals</u> 12pm-12:45pm GB1 & GB2		<u>Adult Fundamentals</u> 12pm-12:45pm GB1 & GB2	<u>Conditioning</u> 10am- 11am
<u>Little Champs</u> 4yrs to 6 yrs 4:45pm-5:15pm	<u>Little Champs</u> 4yrs to 6 yrs 4:45pm-5:15pm	<u>Little Champs</u> 4yrs to 6 yrs 4:45pm-5:15pm	<u>Little Champs</u> 4yrs to 6 yrs 4:45pm-5:15pm		<u>Adult NO-Gi</u> 11:00am- 12pm
<u>Juniors</u> 7yrs to 12yrs 5:15pm-6:00pm	<u>Juniors</u> 7yrs to 12yrs 5:15pm-6:00pm	<u>Juniors</u> 7yrs to 12yrs 5:15pm-6:00pm	<u>Juniors</u> 7yrs to 12yrs 5:15pm-6:00pm		
<u>Adult Fundamentals</u> 6pm-7pm GB1 & GB2	<u>Kids MMA</u> 8-12 yrs 6pm-6:30pm	<u>Adult Fundamentals</u> 6pm-7pm GB1 & GB2	<u>Kids MMA</u> 8-12 yrs 6pm-6:30pm	<u>Adult Fundamentals</u> 6pm-7:00pm GB1	
<u>Adult Advanced</u> <u>3 stripes and up</u> 7:00pm-8:00pm	<u>Adult Fundamentals</u> 6:30pmpm-7:30pmpm GB1 & GB2	<u>Adult Advanced</u> <u>3 stripes and up</u> 7:00pm-8:00pm	<u>Adult Fundamentals</u> 6:30pmpm-7:30pmpm GB1 & GB2		
<u>Open Mat</u> 8:00pm	<u>Adult NO-Gi</u> 7:30pm-8:30pm	<u>Open Mat</u> 8:00pm	<u>Adult NO-Gi</u> 7:30pm-8:30pm		

**BARRA***FIT*  
FITNESS STUDIO - WEST COUNTY

**Fitness Studio Hours**

Monday 4pm - Close

Tuesday 4pm - Close

Wednesday 4pm - Close

Thursday 4pm - Close

Saturday 11am - Close