



CLASS SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday	
Muay Thai Level 2 07:00-08:00		BJJ No-Gi Level 2 07:00-08:00		Muay Thai Level 2 07:00-08:00		BJJ Level 1 07:00-08:00		Muay Thai Level 2 07:00-08:00	
Gym Closed									
Muay Thai Level 2 12:30-13:30	BJJ Level 1 12:30-13:30	Boxing 12:30-13:30	BJJ Level 1 12:30-13:30	Muay Thai Level 2 12:30-13:30	BJJ Level 1 12:30-13:30	Boxing 12:30-13:30	BJJ Level 1 12:30-13:30	Muay Thai Level 2 12:30-13:30	BJJ Level 1 12:30-13:30
Gym Closed									
Muay Thai Kids (All Ages) 17:00-17:45	BJJ Kids (Under 8y/o) 17:00-17:45	BJJ Kids All Ages 17:00-17:45		Muay Thai Kids (All Ages) 17:00-17:45	BJJ Kids (Under 8y/o) 17:00-17:45	BJJ Kids All Ages 17:00-17:45		Muay Thai Kids (All Ages) 17:00-17:45	BJJ Kids (Under 8y/o) 17:00-17:45
Boxing 17:45-18:30	BJJ Kids (9y/o - 12y/o) 17:45-18:30	Muay Thai Kids (All Ages) 17:45-18:30	BJJ Level 1 17:45-18:30	Boxing 17:45-18:30	BJJ Kids (9y/o - 12y/o) 17:45-18:30	Muay Thai Kids (All Ages) 17:45-18:30	BJJ Level 1 17:45-18:30	BJJ Kids (9y/o - 12y/o) 17:45-18:30	BJJ Level 1 17:45-18:30
Muay Thai Level 1 18.30-19.30	BJJ Level 2 18:30-19.30	Muay Thai Level 2 18:30-19.30	BJJ Level 2 18:30-19.30	Muay Thai Level 1 18.30-19.30	BJJ Level 1 18:30-19.30	Muay Thai Level 2 18:30-19.30	BJJ No-Gi Level 2 18:30-19.30	Muay Thai Level 1 18.30-19.30	BJJ Level 2 18:30-19.30
Muay Thai Level 2 19.30-20.30	BJJ Level 1 19.30-20.30	Muay Thai Level 1 19.30-20.30	BJJ No-Gi Level 2 19.30-20.30	Muay Thai Level 3 19.30-21.00	BJJ Level 3 19.30-20.30	Muay Thai Level 1 19.30-20.30	BJJ No-Gi Level 3 19.30-20.30	Muay Thai Level 3 19.30-21.00	BJJ Level 3 19.30-20.30
Gym Closed									

Saturday	
Muay Thai Kids 09:15-10:00	BJJ Kids (Under 8y/o) 09:15-10:00
BJJ Kids (9y/o - 12y/o) 10:15-11:00	
Muay Thai Level 1 11:15-12:15	BJJ Level 1 Level 11:15-12:15
Muay Thai Level 3 12.15-13.15	BJJ Level 2 12:15-13:15
Gym Closed	
Sunday	
Judo for BJJ (All Ages) 10.30-11.30	
BJJ No-Gi Level 2 11:00 - 12:00	
Boxing 12.00-13.00	
Gym Closed	

Location:
8 Grange Road, Orchard Cineleisure,
04-03, Singapore 239695

Get in touch!

