



## BANGSAR SCHEDULE

| MONDAY                                                                                                                                                        | TUESDAY                                                                                                                                                       | WEDNESDAY                                                                                                                                                                | THURSDAY                                                                                                                                                                  | FRIDAY                                                                                                                                                                       | SATURDAY                                                                                                                                                                                           | SUNDAY                                                                                                                                                                     |
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|                                                                                                                                                               |                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                           |                                                                                                                                                                              | BRAZILIAN JIU-JITSU GI & NO-GI OPEN MAT<br>PROF JOAO PANTOJA<br>10:00 - 11:45  <sup>(*)2</sup>                  | MUAY THAI / KICKBOXING<br>COACH LUCAS TAN<br>12:00 - 1:30  <sup>(*)5</sup>              |
|                                                                                                                                                               |                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                           |                                                                                                                                                                              | KIDS BRAZILIAN JIU-JITSU<br>(4 - 8 YEARS OLD)<br>PROF JOAO PANTOJA<br>COACH FLAVIA PAGLIARINI<br>11:45 - 12:45  | FREESTYLE WRESTLING<br>COACH WILLIAM HILL<br>1:30 - 3:00  <sup>(*)7</sup>               |
|                                                                                                                                                               |                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                           |                                                                                                                                                                              | KIDS BRAZILIAN JIU-JITSU<br>(9 - 13 YEARS OLD)<br>PROF JOAO PANTOJA<br>COACH FLAVIA PAGLIARINI<br>12:45 - 1:45  | NO-GI<br>PROF WILLIAM HILL<br>3:00 - 4:30  <sup>(*)6</sup>                              |
|                                                                                                                                                               |                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                           |                                                                                                                                                                              | WESTERN BOXING (SPARRING)<br>COACH TAINA GRAEF<br>1:45 - 3:15  <sup>(*)4</sup>                                  |                                                                                                                                                                            |
| KIDS WESTERN BOXING<br>(4-13 YEARS OLD)<br>COACH TAINA GRAEF<br>4:30 - 5:30  | KIDS NO-GI<br>COACH FLAVIA PAGLIARINI<br>(4 - 13 YEARS OLD)<br>4:30 - 5:30   | KIDS MUAY THAI / KICKBOXING<br>(4 - 13 YEARS OLD)<br>COACH LUCAS TAN<br>4:30 - 5:30     | KIDS BRAZILIAN JIU-JITSU<br>COACH FLAVIA PAGLIARINI<br>(4 - 8 YEARS OLD)<br>4:30 - 5:30  | KIDS & TEENS BRAZILIAN JIU-JITSU<br>PROF JOAO PANTOJA<br>(9 - 16 YEARS OLD)<br>4:30 - 5:30  | MUAY THAI / KICKBOXING<br>(SPARRING)<br>COACH LUCAS TAN<br>3:15 - 4:45  <sup>(*)4</sup>                         | WESTERN BOXING<br>(BEGINNERS ONLY)<br>COACH TAINA GRAEF<br>3:15 - 4:15  <sup>(*)4</sup> |
|                                                                                                                                                               |                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                           |                                                                                                                                                                              | WESTERN BOXING<br>COACH TAINA GRAEF<br>4:15 - 5:45  <sup>(*)4</sup>                                             |                                                                                                                                                                            |
| WESTERN BOXING<br>COACH TAINA GRAEF<br>6:30 - 8:00  <sup>(*)4</sup>          | BRAZILIAN JIU-JITSU<br>PROF JOAO PANTOJA<br>7:30 - 9:00  <sup>(*)2</sup>     | WESTERN BOXING<br>(BEGINNERS ONLY)<br>COACH TAINA GRAEF<br>6:00 - 7:00  <sup>(*)4</sup> | MUAY THAI / KICKBOXING<br>KRU MANOEL FONSECA<br>7:00 - 8:30  <sup>(*)5</sup>           | WESTERN BOXING<br>COACH TAINA GRAEF<br>6:30 - 8:00  <sup>(*)4</sup>                       |                                                                                                                                                                                                    |                                                                                                                                                                            |
|                                                                                                                                                               | MUAY THAI / KICKBOXING<br>KRU MANOEL FONSECA<br>8:00 - 9:30  <sup>(*)5</sup> | WESTERN BOXING ADVANCE<br>COACH TAINA GRAEF<br>7:00 - 8:30  <sup>(*)4</sup>             | BRAZILIAN JIU-JITSU<br>(ALL LEVELS)<br>PROF JOAO PANTOJA<br>7:15 - 8:30  <sup>(*)2</sup> | BRAZILIAN JIU-JITSU<br>PROF JOAO PANTOJA<br>8:15 - 9:30  <sup>(*)2</sup>                  |                                                                                                                                                                                                    |                                                                                                                                                                            |

(\*1) Only for graded students one stripe white belt & above.

(\*2) BJJ: Mandatory clean BJJ GI). Mouth Guard highly recommended.

(\*3) BJJ mandatory attire (\*2) + clean short/long sleeve rash guard under the GI.

(\*4) Boxing: Mandatory Boxing gloves, Hand Wraps & Mouth Guard.

Boxing or Wrestling Shoes highly recommended.

(\*5) Muay Thai: Mandatory Boxing gloves, Hand Wraps, Mouth Guard, Shin Guards & Muay Thai shorts.

(\*6) NO-GI: Mandatory Rash guard/Tight T-shirt, Shorts with no pocket, Mouth Guard.

Sleeveless Top Strictly NOT ALLOWED.

(\*7) Wrestling: mandatory NO GI attire (\*6) + Wrestling Shoes highly Recommended.

(\*8) All MMA classes: mandatory NO GI attire (\*6) + mandatory MMA Gloves, Hand Wraps, Boxing Gloves, shin guards & Mouth Guard.

(\*9) Strictly for day 1 beginners only.