CITY CENTER @ MENARA UOA 2 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					MUAY THAI (ALL LEVEL) (*5) COACH LUCAS TAN 11:00 - 12:00	
WESTERN BOXING (*4) COACH PREM SANJIIV 12:30 - 1:30	BRAZILIAN JIU-JITSU (ALL LEVEL) (*2) PROF JOAO PANTOJA 12:30 - 1:30	MUAY THAI (ALL LEVEL) (*5) COACH PREM SANJIIV 12:30 - 1:30	BRAZILIAN JIU-JITSU (ALL LEVEL) (*2) PROF JOAO PANTOJA 12:00 - 1:00	WESTERN BOXING (ALL LEVEL) (*4) COACH PREM SANJIIV 12:30 - 1:30		WESTERN BOXING (ALL LEVEL) (*4) COACH PREM SANJIIV 1:00 - 2:00

(*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.