



PLAZA ARKADIA @ DESA PARK CITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRAZILIAN JIU-JITSU (ALL LEVEL) ^(*2) PROF WILLIAM HILL 7:30 - 8:30 		BRAZILIAN JIU-JITSU (ALL LEVEL) ^(*2) PROF WILLIAM HILL 7:30 - 8:30 		BRAZILIAN JIU-JITSU (ALL LEVEL) ^(*2) PROF WILLIAM HILL 7:30 - 8:30 		
					KIDS BRAZILIAN JIU-JITSU (ALL LEVEL) COACH ADAM AKASYAH 10:00 - 11:00 	KIDS WESTERN BOXING COACH PREM SANJIV 10:00 - 11:00 
					BRAZILIAN JIU-JITSU (OPEN MAT) PROF JIN TEE 11:30 - 1:00 	
KIDS MUAY THAI (6-9 YEARS OLD) COACH PREM SANJIV 4:30 - 5:15 	KIDS BRAZILIAN JIU-JITSU (FUNDAMENTAL) COACH ADAM AKASYAH 4:30 - 5:15 	KIDS MUAY THAI (6-9 YEARS OLD) COACH PREM SANJIV 4:30 - 5:15 	KIDS BRAZILIAN JIU-JITSU (FUNDAMENTAL) COACH ADAM AKASYAH 4:30 - 5:15 	KIDS WESTERN BOXING COACH PREM SANJIV 5:15 - 6:15 		
KIDS MUAY THAI (10-12 YEARS OLD) COACH PREM SANJIV 5:30 - 6:30 	KIDS BRAZILIAN JIU-JITSU (INTERMEDIATE & ADVANCE) PROF ADAM AKASYAH 5:30 - 6:30 	KIDS MUAY THAI (10-12 YEARS OLD) COACH PREM SANJIV 5:30 - 6:30 	KIDS BRAZILIAN JIU-JITSU (INTERMEDIATE & ADVANCE) PROF ADAM AKASYAH 5:30 - 6:30 			
WESTERN BOXING (ALL LEVEL) COACH PREM SANJIV 6:45 - 7:45 		WESTERN BOXING (ALL LEVEL) COACH PREM SANJIV 6:45 - 7:45 	MUAY THAI / KICK BOXING COACH PREM SANJIV 6:45 - 7:45 			
BRAZILIAN JIU-JITSU (ALL LEVEL) ^(*2) COACH ADAM AKASYAH 7:45 - 9:00 	NO-GI COACH ADAM AKASYAH 7:45 - 9:00 	BRAZILIAN JIU-JITSU (ALL LEVEL) ^(*2) COACH ADAM AKASYAH 8:00 - 9:15 	BRAZILIAN JIU-JITSU (ALL LEVEL) ^(*2) COACH ADAM AKASYAH 7:45 - 9:00 			

(*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.