



CITY CENTRE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NO-GI PROF JOAO PANTOJA 7:00 - 8:00 	MUAY THAI / KICKBOXING KRU MANOEL FONSECA 7:00 - 8:00 	BRAZILIAN JIU-JITSU PROF JOAO PANTOJA 7:00 - 8:00 	MUAY THAI / KICKBOXING KRU MANOEL FONSECA 7:00 - 8:00 	BRAZILIAN JIU-JITSU PROF JOAO PANTOJA 7:00 - 8:00 		
					KIDS WESTERN BOXING (4 - 13 YEARS OLD) COACH TAINA GRAEF 11:15 - 12:15 	MMA COACH WILLIAM HILL 10:00 - 11:30 
MUAY THAI (ALL LEVEL) COACH LUCAS TAN 12:30 - 1:30 	BRAZILIAN JIU-JITSU (ALL LEVEL) PROF JOAO PANTOJA 12:30 - 1:30 	MUAY THAI (ALL LEVEL) COACH LUCAS TAN 12:30 - 1:30 	BRAZILIAN JIU-JITSU (ALL LEVEL) PROF JOAO PANTOJA 12:30 - 1:30 	MUAY THAI (ALL LEVEL) COACH LUCAS TAN 12:30 - 1:30 	MUAY THAI / KICKBOXING COACH LUCAS TAN 12:30 - 2:00 	
KIDS MUAY THAI / KICKBOXING KRU MANOEL FONSECA (4 - 12 YEARS OLD) 4:30 - 5:30 	KIDS BRAZILIAN JIU-JITSU (4 - 12 YEARS OLD) PROF JOAO PANTOJA COACH FLAVIA PAGLIARINI 4:30 - 5:30 	KIDS WESTERN BOXING (4 - 13 YEARS OLD) COACH TAINA GRAEF 4:30 - 5:30 	KIDS BRAZILIAN JIU-JITSU (4 - 13 YEARS OLD) PROF JOAO PANTOJA COACH FLAVIA PAGLIARINI 4:30 - 5:30 	KIDS NO-GI (4 - 13 YEARS OLD) COACH WILLIAM SILVA 4:30 - 5:30 		
MUAY THAI / KICKBOXING COACH LUCAS TAN 7:00 - 8:30 	BRAZILIAN JIU-JITSU (ALL LEVELS) PROF JIN TEE PROF JOAO PANTOJA 6:45 - 8:00 	FREESTYLE WRESTLING COACH WILLIAM HILL 7:00 - 8:30 	BRAZILIAN JIU-JITSU (ALL LEVELS) PROF JIN TEE PROF JOAO PANTOJA 6:45 - 8:00 	MUAY THAI / KICKBOXING COACH LUCAS TAN 7:00 - 8:30 		
NO-GI PROF WILLIAM HILL 8:30 - 9:45 	WESTERN BOXING (BEGINNERS ONLY) COACH TAINA GRAEF 8:45 - 9:45 	NO-GI (BEGINNERS ONLY) PROF WILLIAM HILL 8:30 - 9:45 	MUAY THAI / KICKBOXING COACH LUCAS TAN 8:00 - 9:30 	WESTERN BOXING COACH TAINA GRAEF 8:45 - 9:45 	BRAZILIAN JIU-JITSU PROF JIN TEE 8:00 - 9:30 	

(*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.