



# CITY CENTRE SCHEDULE

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

(\*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.