



BANGSAR SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WESTERN BOXING COACH TAINA GRAEF 12:30 - 1:30 (*)4				NO-GI PROF JOAO PANTOIA 12:30 - 1:30 (*)6	BRAZILIAN JIU-JITSU GI & NO-GI OPEN MAT PROF JOAO PANTOIA 10:00 - 11:45 (*)2	MUAY THAI / KICKBOXING COACH LUCAS TAN 12:00 - 1:30 (*)5
					KIDS BRAZILIAN JIU-JITSU (4 - 8 YEARS OLD) PROF JOAO PANTOIA COACH FLAVIA PAGLIARINI 11:45 - 12:30 (*)2	FREESTYLE WRESTLING COACH WILLIAM HILL 1:30 - 3:00 (*)7
					KIDS BRAZILIAN JIU-JITSU (9 - 13 YEARS OLD) PROF JOAO PANTOIA COACH FLAVIA PAGLIARINI 12:45 - 1:45 (*)6	NO-GI PROF WILLIAM HILL 3:00 - 4:30 (*)6
					WESTERN BOXING (SPARRING) COACH TAINA GRAEF 1:45 - 3:15 (*)4	
KIDS WESTERN BOXING (4-13 YEARS OLD) COACH TAINA GRAEF 4:30 - 5:30	KIDS NO-GI COACH WILLIAM HILL (4 - 8 YEARS OLD) 4:30 - 5:30 KIDS NO-GI COACH WILLIAM HILL (9 - 13 YEARS OLD) 5:30 - 6:30	KIDS MUAY THAI / KICKBOXING (7 - 13 YEARS OLD) COACH LUCAS TAN 4:30 - 5:30	KIDS BRAZILIAN JIU-JITSU PROF WILLIAM HILL (4 - 8 YEARS OLD) 4:30 - 5:30 KIDS BRAZILIAN JIU-JITSU PROF JOAO PANTOIA COACH FLAVIA PAGLIARINI (9 - 13 YEARS OLD) 4:30 - 5:30	KIDS MUAY THAI / KICKBOXING (7 - 13 YEARS OLD) KRU MANOEL FONSECA 4:30 - 5:30 KIDS NO-GI COACH WILLIAM HILL (4 - 8 YEARS OLD) 4:30 - 5:30	KIDS BRAZILIAN JIU-JITSU PROF WILLIAM HILL (4 - 8 YEARS OLD) 4:30 - 5:30 KIDS BRAZILIAN JIU-JITSU PROF JOAO PANTOIA COACH FLAVIA PAGLIARINI (9 - 13 YEARS OLD) 4:30 - 5:30	MUAY THAI / KICKBOXING (SPARRING) COACH LUCAS TAN 3:15 - 4:45 WESTERN BOXING (BEGINNERS ONLY) COACH TAINA GRAEF 3:15 - 4:15
		BRAZILIAN JIU-JITSU (TEENAGERS CLASS) (14-16 YEARS OLD) PROF JOAO PANTOIA COACH FLAVIA PAGLIARINI 5:30 - 6:30 (*)2	KIDS MUAY THAI / KICKBOXING (6 - 6 YEARS OLD) KRU MANOEL FONSECA 5:30 - 6:30 KIDS NO-GI COACH WILLIAM HILL (9 - 13 YEARS OLD) 5:30 - 6:30	BRAZILIAN JIU-JITSU (TEENAGERS CLASS) (14-16 YEARS OLD) PROF JOAO PANTOIA COACH FLAVIA PAGLIARINI 5:30 - 6:30 (*)2	STRIKING INITIATION KRU MANOEL FONSECA 3:15 - 4:15 WESTERN BOXING COACH TAINA GRAEF 4:15 - 5:45	
WESTERN BOXING COACH TAINA GRAEF 6:30 - 8:00 (*)4	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) PROF JOAO PANTOIA 7:15 - 8:15 (*)2	MUAY THAI / KICKBOXING (BEGINNERS ONLY) KRU MANOEL FONSECA 7:00 - 8:00 (*)5	WESTERN BOXING (BEGINNERS ONLY) KRU MANOEL FONSECA 6:00 - 7:00 (*)4	MUAY THAI / KICKBOXING KRU MANOEL FONSECA 7:00 - 8:30 (*)5	WESTERN BOXING COACH TAINA GRAEF 6:30 - 8:00 (*)4	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) PROF JOAO PANTOIA 7:15 - 8:15 (*)2
STRIKING INITIATION COACH FLAVIA PAGLIARINI 8:00 - 9:00	BRAZILIAN JIU-JITSU SPECIFIC (ALL LEVELS) PROF JOAO PANTOIA 8:15 - 9:30 (*)2	MUAY THAI / KICKBOXING KRU MANOEL FONSECA 8:00 - 9:30 (*)5	WESTERN BOXING ADVANCE COACH TAINA GRAEF 7:00 - 8:30 (*)4	BRAZILIAN JIU-JITSU (ALL LEVELS) PROF JOAO PANTOIA 7:15 - 8:30 (*)2	STRIKING INITIATION KRU MANOEL FONSECA 3:15 - 4:15 WESTERN BOXING COACH TAINA GRAEF 4:15 - 5:45	
		GRAPPLING INITIATION & FOUNDATION COACH FLAVIA PAGLIARINI 8:30 - 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.