



MONT KIARA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRAZILIAN JIU-JITSU SPECIFIC PROF MARCELO JUNIOR 9:30 - 10:30  ^{(*)2}		MUAY THAI / KICKBOXING KRU MANOEL FONSECA 9:30 - 10:30  ^{(*)5}	BRAZILIAN JIU-JITSU PROF WILLIAM HILL 9:30 - 10:30  ^{(*)2}			
					MUAY THAI / KICKBOXING (BEGINNERS ONLY) KRU MANOEL FONSECA 11:45 - 12:45  ^{(*)5}	GRAPPLING INITIATION & FOUNDATION PROF MARCELO JUNIOR 10:30 - 11:30 
	BRAZILIAN JIU-JITSU PROF WILLIAM HILL 12:30 - 1:30  ^{(*)2}	BRAZILIAN JIU-JITSU PROF WILLIAM HILL 12:30 - 1:30  ^{(*)2}			KIDS MUAY THAI / KICKBOXING (7-13 YEARS OLD) KRU MANOEL FONSECA 12:45 - 1:45 	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) PROF MARCELO JUNIOR 11:30 - 12:30  ^{(*)2}
					KIDS MUAY THAI / KICKBOXING (4-6 YEARS OLD) KRU MANOEL FONSECA 1:45 - 2:30 	KIDS BRAZILIAN JIU-JITSU (4-8 YEARS OLD) PROF MARCELO JUNIOR COACH FLAVIA PAGLIARINI 12:30 - 1:30 
KIDS BRAZILIAN JIU-JITSU (4-8 YEARS OLD) PROF JOAO PANTOJA COACH ADAM AKASYAH 4:30 - 5:30 	KIDS WRESTLING (4-13 YEARS OLD) COACH WILLIAM HILL 4:30 - 5:30 	KIDS BRAZILIAN JIU-JITSU (4-8 YEARS OLD) COACH WILLIAM SILVA 4:30 - 5:30 	KIDS WESTERN BOXING (4-13 YEARS OLD) COACH LUCAS TAN 4:30 - 5:30 	KIDS MUAY THAI / KICKBOXING (9-8 YEARS OLD) KRU MARCELO JUNIOR 4:30 - 5:30 		BOXING COACH TAINA GRAEFF 2:30 - 4:00  ^{(*)4}
KIDS BRAZILIAN JIU-JITSU (9-13 YEARS OLD) COACH ADAM AKASYAH 5:30 - 6:30 	BRAZILIAN JIU-JITSU (TEENAGERS CLASS) (14-16 YEARS OLD) PROF JOAO PANTOJA 5:30 - 6:30 	KIDS BRAZILIAN JIU-JITSU (9-13 YEARS OLD) COACH WILLIAM SILVA 5:30 - 6:30 	BRAZILIAN JIU-JITSU (TEENAGERS CLASS) (14-16 YEARS OLD) COACH ADAM AKASYAH 5:30 - 6:30 	KIDS MUAY THAI / KICKBOXING (9-13 YEARS OLD) KRU MARCELO JUNIOR 5:30 - 6:30 		BOXING (BEGINNERS ONLY) COACH TAINA GRAEFF 4:00 - 5:00  ^{(*)4}
MUAY THAI / KICKBOXING KRU MARCELO JUNIOR 7:00 - 8:30  ^{(*)5}	NO-GI PROF WILLIAM HILL 6:30 - 8:00  ^{(*)2}	MUAY THAI / KICKBOXING KRU MANOEL FONSECA 6:45 - 8:00  ^{(*)5}	STRIKING INITIATION COACH LUCAS TAN 7:00 - 8:00  ^{(*)4}	MUAY THAI / KICKBOXING KRU MARCELO JUNIOR 6:30 - 8:00  ^{(*)5}		
	MMA COACH WILLIAM HILL 8:00 - 9:30  ^{(*)8}		BRAZILIAN JIU-JITSU PROF WILLIAM HILL 8:00 - 9:30  ^{(*)2}	MMA COACH MARCELO JUNIOR 8:00 - 9:30  ^{(*)8}		

(*)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.