



MONT KIARA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					MUAY THAI / KICKBOXING KRU MANOEL FONSECA 11:45 - 12:45  (*5)	
					KIDS MUAY THAI / KICKBOXING (4 - 13 YEARS OLD) KRU MANOEL FONSECA 12:45 - 1:45 	BRAZILIAN JIU-JITSU PROF MARCELO JUNIOR 11:30 - 12:30  (*2)
						KIDS BRAZILIAN JIU-JITSU (4 - 8 YEARS OLD) PROF MARCELO JUNIOR COACH KOH PING 12:30 - 1:30 
						KIDS BRAZILIAN JIU-JITSU (9 - 13 YEARS OLD) PROF MARCELO JUNIOR COACH KOH PING 1:30 - 2:30 
KIDS BRAZILIAN JIU-JITSU (4-8 YEARS OLD) PROF WILLIAM SILVA 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) PROF WILLIAM SILVA 4:30 - 5:30 	KIDS WESTERN BOXING (4 - 13 YEARS OLD) COACH FLAVIA PAGLIARINI 4:30 - 5:30 	KIDS MUAY THAI / KICKBOXING (4 - 13 YEARS OLD) KRU MARCELO JUNIOR 4:30 - 5:30 		BOXING COACH TAINA GRAEFF 2:30 - 4:00  (*4)
KIDS & TEENS BRAZILIAN JIU-JITSU (9 - 16 YEARS OLD) PROF WILLIAM SILVA 5:30 - 6:30 		KIDS & TEENS BRAZILIAN JIU-JITSU (9 - 16 YEARS OLD) PROF WILLIAM SILVA 5:30 - 6:30 				
MUAY THAI / KICKBOXING KRU MARCELO JUNIOR 7:00 - 8:30  (*5)	BRAZILIAN JIU-JITSU PROF WILLIAM HILL 6:30 - 8:00  (*2)	MUAY THAI / KICKBOXING KRU MANOEL FONSECA 6:45 - 8:00  (*5)	BRAZILIAN JIU-JITSU PROF WILLIAM HILL 6:30 - 8:00  (*2)			

(*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.