































BANGSAR SCHEDULE

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