



BANGSAR SCHEDULE

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