



BANGSAR SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					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	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	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 NO-GI COACH FLAVIA PAGLIARINI (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 COACH FLAVIA PAGLIARINI (4-8 YEARS OLD) 4:30 - 5:30	KIDS & TEENS BRAZILIAN JIU-JITSU PROF JOAO PANTOJA (9-18 YEARS OLD) 4:30 - 5:30	KIDS WESTERN BOXING (SPARRING) COACH TAINA GRAEF 1:45 - 3:15 ^(*4)	
			KIDS MUAY THAI / KICKBOXING (4-13 YEARS OLD) KRUI MANOEL FONSECA 4:30 - 5:30	KIDS NO-GI COACH WILLIAM HILL (4-13 YEARS OLD) 4:30 - 5:30	KIDS BRAZILIAN JIU-JITSU COACH FLAVIA PAGLIARINI (4-8 YEARS OLD) 4:30 - 5:30	KIDS & TEENS BRAZILIAN JIU-JITSU PROF JOAO PANTOJA (9-18 YEARS OLD) 4:30 - 5:30
					MUAY THAI / KICKBOXING (SPARRING) COACH LUCAS TAN 3:15 - 4:45 ^(*4)	WESTERN BOXING (BEGINNERS ONLY) COACH TAINA GRAEF 3:15 - 4:15 ^(*4)
					WESTERN BOXING COACH TAINA GRAEF 4:15 - 5:45 ^(*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)		MUAY THAI / KICKBOXING KRUI MANOEL FONSECA 7:00 - 8:30 ^(*5)	WESTERN BOXING COACH TAINA GRAEF 6:30 - 8:00 ^(*4)	
		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)	
	MUAY THAI / KICKBOXING KRUI MANOEL FONSECA 8:00 - 9:30 ^(*5)					

(*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.