

ne

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Class Schedule

w.e.f 6th Aug 2018

TIME/DAY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	MT Hall	BJJ Hall	Yoga/HIIT	MT Hall	BJJ Hall	Yoga/HIIT	MT Hall	BJJ Hall	Yoga/HIIT	MT Hall	BJJ Hall	Yoga/HIIT	MT Hall	BJJ Hall	Yoga/HIIT	MT Hall	BJJ Hall	Yoga/HIIT	MT Hall	BJJ Hall	Yoga/HIIT	
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10:00 AM																						
10:15 AM																						
10:30 AM		BJJ-Int			BJJ-Int 90					BJJ-Int 90				BJJ-Int								
10:45 AM		10:30am - 11:30am			10:30am - 12:00pm					10:30am - 12:00pm				10:30am - 11:30am								
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12:15 PM		BJJ-Beg												BJJ-Beg								
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Pre-requisites	BJJ Tots	MT Tots	BJJ Kids	MT Kids	BJJ Teens	MT Teens	BJJ-Int	MT-Int	MMA
	Our Tots classes are suitable for children aged 4 - 6 years old.		Our Kids classes are suitable for children aged 7 - 11 years old.		Our Teens classes are suitable for young adults aged 12 - 15 years old.		White belt three stripes and above.	Level II certification required.	BJJ white belt 2 stripes / MT Level II certification required.

Legend	MuayHIIT	MT Tots	BJJ-NoGi	BJJ Tots	MMA HIIT	Yoga NeueB
	MT-Beg	MT Kids	BJJ-Beg	BJJ Kids	MMA	Yoga Flow
	MT-Int	MT Teens	BJJ-Int	BJJ Teens	HIIT&Run	Yoga Core
	MT-Adv	MT Fam	BJJ-Adv	BJJ Fam	Greatest HIIT	