

## CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI		SAT	SUN
6:30 AM	PRIVATE TRAINING	BJJ GI	MUAY THAI	BJJ GI	MUAY THAI		PRIVATE TRAINING	
7:30 AM								
12:00 PM	PRIVATE TRAINING	PRIVATE TRAINING	BJJ GI	NO GI (BJJ)	NO GI (BJJ)	9:00 AM	MUAY THAI	PRIVATE TRAINING
1:00 PM						9:30 AM		
4:30 PM	PRIVATE TRAINING	KIDS (MMA)	KIDS (BJJ)	KIDS (MMA)	KIDS (BJJ)	10:00 AM	KIDS (BJJ)	KIDS (MMA)
5:00 PM						10:30 AM		
5:30 PM	PRE TEEN (BJJ)	PRE TEENS (MMA)	PRE TEEN (BJJ)	PRE TEENS (MMA)	PRE TEEN (BJJ)	11:00 AM	PRE TEEN (BJJ)	PRE TEENS (MMA)
6:00 PM						11:30 AM		
6:30 PM	MUAY THAI	BJJ GI	BOXING/MUAY THAI SPARRING NO GI (BJJ)	BJJ GI	MUAY THAI	12:00 PM	BOXING/MUAY THAI SPARRING	MUAY THAI
7:00 PM						12:30 PM		
7:30 PM	BJJ GI	BOXING	NO GI BJJ SPARRING	BOXING	NO GI (BJJ)	1:00 PM	BJJ GI SPARRING	NO GI (BJJ) OPEN MAT
8:00 PM						1:30 PM		
8:30 PM	GYM CLOSED	MMA		MMA	BJJ GI	2:00 PM	GYM CLOSED	GYM CLOSED
9:00 PM						2:30 PM		
9:30 PM	GYM CLOSED					3:00 PM		

### OUR PROGRAMS

#### MUAY THAI / BOXING

Both are striking martial arts. Boxing is the oldest and most well known form of striking, involving punches. Muay Thai is a striking art form from Thailand that includes punches, knees, elbows and kicks. Gloves and wraps required for Boxing. Gloves, wraps, shinpads required for Muay Thai.

#### BRAZILIAN JIU JITSU GI

BJJ is a grappling martial art with an emphasis on technique and employing leverage to overcome larger opponents. BJJ Gi (kimono) is required. Mouthguard recommended. Judo emphasises the throws and takedowns in a Gi.

#### BRAZILIAN JIU JITSU (NO-GI)

A fast paced and dynamic grappling martial art, combining wrestling and Jiu Jitsu techniques. Attire: Shorts/ tights & rash guard/ t-shirt. Mouthguard recommended.

#### MMA

Combining what you have learnt on your feet and on the ground to be a complete martial artist. Attire: Shorts/ tights & rash guard/ t-shirt. MMA gloves required. Mouthguard recommended.

#### KIDS /PRE TEENS BJJ / MMA

Striking & grappling martial arts, with a focus on padwork, partner drills, techniques, employing leverage, and defending against a larger opponent. These classes aim to build confidence, focus and respect in children and young adults. Kids: Ages 5 - 7  
Teens: Ages 8 -13  
Boxing gloves & BJJ Gi (kimono) are required. Mouthguard recommended.  
Class Duration: 45 min - 60 Min

#### PRIVATE TRAINING

We cater to independent souls who are interested in taking their MMA journey further - our instructors will be able to give you a personalised session at your preferred time.

### FIND US

#### HOURS

Mon : 5:30pm - 9:30pm    Tue-Fri: 4:30pm-9:30pm  
Sat: 9:00am - 3:00pm  
Sun: 10:00am - 4:00pm

#### WHERE

100 Turf Club Road, #01-02A Horsecity, Singapore 287992  
[www.stronghold.sg](http://www.stronghold.sg) / [@SgStronghold](https://www.instagram.com/SgStronghold)



Schedule is subject to change