

CLASS SCHEDULE

| | MON | TUES | WED | THURS | FRI | | SAT | SUN |
|----------|----------------|------------------|---------------------------|-----------------|----------------|----------|---------------------------|----------------------|
| 6:30 AM | BJJ GI | BJJ GI | MUAY THAI | BJJ GI | MUAY THAI | | PRIVATE TRAINING | |
| 7:30 AM | | | | | | | | |
| 12:00 PM | NO GI (BJJ) | 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 | GYM CLOSED | 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 | BJJ GI | BJJ GI | BOXING/MUAY THAI SPARRING | BJJ GI | MUAY THAI | 12:00 PM | BOXING/MUAY THAI SPARRING | MUAY THAI |
| 7:00 PM | | | | | | 12:30 PM | | |
| 7:30 PM | MUAY THAI | BOXING | | 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 | NO GI (BJJ) | 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 / [@SgStronghold](https://www.instagram.com/SgStronghold)

STRONGHOLD
MIXED MARTIAL ARTS

Schedule is subject to change