

## CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI		SAT	SUN
6:30 AM	BJJ NO GI ALL LEVELS	BJJ NO GI ALL LEVELS	GYM CLOSED	BJJ GI ALL LEVELS	GYM CLOSED		GYM CLOSED	
7:30 AM								
12:00 PM	GYM CLOSED	BJJ NO GI ALL LEVELS	BJJ GI ALL LEVELS	BJJ NO GI ALL LEVELS	BJJ NO GI ALL LEVELS	9:00 AM	MUAY THAI ALL LEVELS	TOTS BJJ (3-5 YRS 45 MINS)
1:00 PM						9:30 AM		
4:30 PM	BJJ (KIDS)	MMA (KIDS)	BJJ (KIDS)	MMA (KIDS)	BJJ (KIDS)	10:00 AM	BJJ (KIDS)	MMA (KIDS)
5:00 PM						10:30 AM		
5:30 PM	BJJ (PRE TEEN)	MMA (PRE TEEN)	BJJ (PRE TEEN)	MMA (PRE TEEN)	BJJ (PRE TEEN)	11:00 AM	BJJ (PRE TEEN)	MMA (PRE TEEN)
6:00 PM						11:30 AM		
6:30 PM	MUAY THAI ALL LEVELS	BJJ GI BEGINNER	BOXING / MT SPARRING	BJJ GI BEGINNER	MUAY THAI ALL LEVELS	12:00 PM	TOTS BJJ (3-5 YRS 45 MINS)	MMA SPARRING 45 MINS (PRE TEEN)
7:00 PM						12:30 PM		
7:30 PM	BJJ GI ALL LEVELS	BOXING ALL LEVELS	BJJ NO GI ALL LEVELS	BOXING ALL LEVELS	BJJ NO GI BEGINNER	1:00 PM	BJJ GI SPARRING	BOXING / MT SPARRING
8:00 PM						1:30 PM		
8:30 PM	NO GI ADVANCED	MMA INTERMEDIATE	BJJ GI ADVANCED	MMA INTERMEDIATE	BJJ NO GI ALL LEVELS	2:00 PM	KALI/ JEET KUNE DO	BJJ NO GI SPARRING
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

#### 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. Tots: Ages 3-5 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 : 4:30pm - 9:30pm Tue-Fri: 4:30pm-9:30pm  
Sat: 9:00am - 2:30pm  
Sun: 9:00am - 2:30pm

#### WHERE

17 Lorong Kilat #01-04, S598139  
[www.stronghold.sg](http://www.stronghold.sg) / [@SgStronghold](https://www.instagram.com/SgStronghold)

**STRONGHOLD**  
MIXED MARTIAL ARTS

Schedule is subject to change