

CLASS SCHEDULE

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

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

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.

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.

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 / [@SgStronghold](https://www.instagram.com/@SgStronghold)



shinpads required for
Muay Thai.

recommended. Judo
emphasises the

Mouthguard
recommended.

Mouthguard recommended.
Class Duration: 45 min - 60 Min

M I P P

Schedule is subject to change