

CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI		SAT	SUN
6:30 AM	BJJ GI	BJJ GI	GYM CLOSED	BJJ GI	GYM CLOSED		PRIVATE TRAINING	
7:30 AM								
12:00 PM	PRIVATE TRAINING	NO GI (BJJ)	BJJ GI	NO GI (BJJ)	NO GI (BJJ)	9:00 AM	MUAY THAI	TOTS BJJ (3-5 yrs)
1:00 PM						9:30 AM		
4:30 PM	KIDS (BJJ)	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	BJJ GI	MUAY THAI	12:00 PM	TOTS MMA (3-5 yrs)	BOXING/MUAY THAI SPARRING
7:00 PM						12:30 PM		
7:30 PM	BJJ GI	BOXING	BJJ GI	BOXING	NO GI (BJJ)	1:00 PM	BJJ GI SPARRING	NO GI (BJJ) OPEN MAT
8:00 PM						1:30 PM		
8:30 PM	NO GI (BJJ)	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.

TOTS/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 | Tots: ages 3-5 Pre 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: 12pm -1pm / 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)

STRONGHOLD
MIXED MARTIAL ARTS

Schedule is subject to change