

ADULT BRAZILIAN JIU-JITSU GRAPPLING & SELF-DEFENCE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					GI BJJ 10AM - 11AM	
						JUDO @ BANGSAR 5:30PM - 7:30PM
	JUDO @ BANGSAR 7:30PM - 9:30PM		JUDO @ BANGSAR 7:30PM - 9:30PM		GI @ SEREMBAN 6PM - 7:30PM	
GI BJJ 8PM - 10PM	NO GI @ SEREMBAN 8PM - 9:30PM	GI BJJ 8PM - 10PM		NO GI BJJ 8PM - 10PM		

JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					PLAYFUL PANDAS 4 to 7 YEARS 11AM-11:30AM
PLAYFUL PANDAS 4 to 7 YEARS 6PM-6:30PM		PLAYFUL PANDAS 4 to 7 YEARS 6PM-6:30PM		PLAYFUL PANDAS 4 to 7 YEARS 6PM-6:30PM	MIGHTY MONKEYS 7 to 15 YEARS 11:30AM-12:15PM
MIGHTY MONKEYS 7 to 15 YEARS 6:30PM-7:15PM		MIGHTY MONKEYS 7 to 15 YEARS 6:30PM-7:15PM		MIGHTY MONKEYS 7 to 15 YEARS 6:30PM-7:15PM	



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