

CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI		SAT	SUN
10:00 AM	PRIVATE TRAINING					10:00 AM	KIDS (BJJ)	KIDS (MMA)
4:00 PM						10:30 AM		
4:30 PM	KIDS (BJJ)	KIDS (MMA)	KIDS (BJJ)	KIDS (MMA)	KIDS (BJJ)	11:00 AM	TEENS (BJJ)	TEENS (MMA)
5:00 PM						11:30 AM		
5:30 PM	TEENS (BJJ)	TEENS (MMA)	TEENS (BJJ)	TEENS (MMA)	TEENS (BJJ)	12:00 PM	MUAY THAI	BJJ (NOGI)
6:00 PM						12:30 PM		
6:30 PM	MUAY THAI (1.5HR)	MUAY THAI	MUAY THAI (1.5HR)	MUAY THAI	MUAY THAI (1.5HR)	1:00 PM	BJJ (GI)	MUAY THAI
7:00 PM						1:30 PM		
7:30 PM	BJJ GI (1.5HR)	BJJ (NOGI)	BJJ GI (1.5HR)	BJJ (NOGI)	BJJ GI (1.5HR)	2:00 PM	GYM CLOSED	
8:00 PM								
8:30 PM	MMA	MMA	MMA	MMA	MMA			
9:00 PM								
9:30 PM	GYM CLOSED							

YOUR PROGRAMS

MUAY THAI

A class on the striking art of muay thai, with emphasis of basic technique and fitness. **Gloves and wraps & shinpads are required.**

BRAZILIAN JIU JITSU

A grappling martial art with an emphasis on technique and employing leverage to overcome larger opponents. BJJ Gi (kimono) is required. Mouthguard recommended.

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 / TEENS BJJ / MMA

An introduction to 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 5-8
Teens: Ages 9 -13
Boxing gloves & BJJ Gi (kimono) are required. Mouthguard recommended.**

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 - Fri: 4:30pm - 9:30pm
Sat - Sun: 10:00am - 2:00pm

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