



EAST COAST | KATONG

Mon	Tue	Wed	Thur	Fri	Sat	Sun
BJJ 7:00 - 8:00 am		No-Gi 7:00 - 8:00 am		BJJ 7:00 - 8:00 am		
						Kids BJJ 9:30 - 10:30 am
						Kids No-Gi 10:30 - 11:30 am
BJJ 12:00 - 1:30 pm		No-Gi 12:00 - 1:30 pm		BJJ 12:00 - 1:30 pm		Bulgarian Bag 11:30 - 12:30 pm
						Open Mat (Members Only) 12:30 - 2:00 pm
						Kids BJJ 2:00 - 3:00 pm
						Kids BJJ 3:00 - 4:00 pm
Kids BJJ 4:00 - 5:00 pm	Babybolo BJJ 4:00 - 5:00 pm	Kids BJJ 4:00 - 5:00 pm	Kids BJJ 4:00 - 5:00 pm	Kids BJJ 4:00 - 5:00 pm		
Kids BJJ / Wrestling 5:00 - 6:00 pm	Kids BJJ 5:00 - 6:00 pm	Babybolo BJJ 5:00 - 6:00 pm	Babybolo BJJ 5:00 - 6:00 pm	Kids BJJ 5:00 - 6:00 pm		
Kids Competition Class 6:00 - 7:00 pm	Kids BJJ 6:00 - 7:00 pm	Kids BJJ 6:00 - 7:00 pm	Kids BJJ + Advanced 6:00 - 7:00 pm	Kids Competition Class 6:00 - 7:00 pm		
BJJ 7:00 - 8:30 pm	BJJ 7:00 - 8:30 pm	No-gi 7:00 - 8:30 pm	BJJ 7:00 - 8:30 pm	BJJ 7:00 - 8:30 pm		