



Straight Blast Gym Borneo - Brazilian Jiu-Jitsu Class Schedule - Starting September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*	*	*	*	*	*	9:00 - 10:00am Yoga with Komathi
					10:00 - 11:00am Kids	11:00-1pm Multi Gyms Open Mat once a month organized by Hornbill Grappling Brazilian Jiu-Jitsu. Date & Location: TBD 
					11:30 - 12:30pm Kids	
					12:30 - 1:00pm Submission Samurai	
					1:00 - 2:00pm All Levels BJJ	
					2:00 - 3:00pm Comp Training	
	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids		*	
	5:30 - 6:00pm Submission Samurai	*	5:30 - 6:00pm Submission Samurai			
7:00 - 8:00pm Fundamentals Beginner & Up	7:00 - 8:30pm Intermediate & Advance Positional Training	7:00 - 8:00pm Ladies Night All Levels	7:00 - 8:30pm *** Intermediate & Advance Positional Training	7:00 - 8:00pm Foundations Beginner & Up		
8:00 - 9:00pm Drilling	8:30 - 9:00pm Open Rolls	8:00 - 9:00pm Fundamentals Beginner & Up	8:30 - 9:00pm Open Rolls	8:00 - 9:00pm Drilling		

*When there is no scheduled class, all SBG Borneo members are welcome to use the mats.

Kids classes are 6 YO and up. Submission Samurai sessions are Head Coach invitation only.

All other classes are suitable for both youths (12 YO and up) and adults. ***Last Thursday of every month is NO GI for ALL Levels.