




## Straight Blast Gym Borneo - Brazilian Jiu-Jitsu Class Schedule - Starting March 2025

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 organized by Hornbill Grappling Brazilian Jiu-Jitsu. Date & Location: TBD  
					11:30 - 12:30pm Kids	
					12:30 - 1:00pm Strength & Conditioning	
					1:00 - 2:00pm All Levels BJJ	
					2:00 - 3:00pm Drilling	
	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids		*	3:00 - 4:00pm Competition Training
	5:30 - 6:00pm Submission Samurai	*	5:30 - 6:00pm Submission Samurai			*
7:00 - 8:00pm Fundamentals Beginner & Up	7:00 - 8:00pm Intermediate & Advance	7:00 - 8:00pm Ladies Night All Levels	7:00 - 8:00pm *** Intermediate & Advance	7:00 - 8:00pm Foundations Beginner & Up		
8:00 - 9:00pm Drilling	8:00 - 9:00pm Competition Training Positional Training	8:00 - 9:00pm Fundamentals Beginner & Up	8:00 - 9:00pm Competition Training Positional Training	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**.