



Straight Blast Gym Borneo - Brazilian Jiu-Jitsu Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Open at 6pm	Studio Open at 3:30pm	Studio Open at 3:30pm	Studio Open at 3:30pm	Studio Open at 3:30pm	Studio Open at 9:00am	Studio Open at 7:45am 8:00 - 9:00am The Iron Ladies Group Strength Training
					10:00 - 11:00am Kids Jiu Jitsu	9:00 - 10:00am Yoga with Komathi
					11:30 - 12:30pm Kids Jiu Jitsu	12:00 - 12:45pm Micro Monkey - By Sessions
					1:00 - 2:00pm SBG Power Hour	3:00 - 4:00pm The Tapang Club - Per Programs- Extra fee
					2:00 - 3:30pm Youth & Adult: Jiu Jitsu For All	
					3:30 - 4:30pm Drilling / Competition Training (Seasonal)	
4:30 - 5:30pm Teen Power Lab Small Group Strength & Conditioning Training *Private Sessions	4:30 - 5:30pm Kids Jiu Jitsu 5:30 - 6:00pm Kids Submission Samurai	4:30 - 6:00pm Kids Focus & Flow *Private Sessions	4:30 - 5:30pm Kids Jiu Jitsu 5:30 - 6:00pm Kids Submission Samurai	4:30 - 5:30pm Kids MMA Fitness 6:00 - 8:00pm In-house Open Mat		
7:00 - 8:00pm Youth & Adult: Fundamentals	7:00 - 8:30pm Youth & Adult: Intermediate & Advance	7:00 - 8:00pm Ladies Night	7:00 - 8:30pm Youth & Adult: Intermediate & Advance			
8:00 - 9:00pm Drilling	8:30 - 9:00pm Drilling	8:00 - 9:00pm TRIAL Youth & Adult: Fundamentals	8:30 - 9:00pm Drilling	Close early at 8pm		