

Class Schedule

SBG Borneo · Kuching, Sarawak

WEEKLY SCHEDULE

MONDAY	
Studio open at 4:00 pm · Closes at 9:00 pm	
4:00 – 5:00 pm	Teen Power Lab Small Group Strength & Conditioning
4:30 – 5:30 pm	Kids MMA Fitness
7:00 – 8:00 pm	Jiu-Jitsu - Adult & Youth: Fundamentals
8:00 – 9:00 pm	Drilling

TUESDAY	
Studio open at 3:30 pm · Closes at 9:00 pm	
4:30 – 5:30 pm	Kids Jiu Jitsu
5:30 – 6:00 pm	Kids Submission Samurai
7:00 – 8:30 pm	Jiu-Jitsu - Adult & Youth: Intermediate & Advance
8:30 – 9:00 pm	Drilling

WEDNESDAY	
Studio open at 3:30 pm · Closes at 9:00 pm	
4:30 – 6:00 pm	Kids Focus & Flow *Private Sessions
7:00 – 8:00 pm	Ladies Night
8:00 – 9:00 pm	Jiu-Jitsu - Adult & Youth: Fundamentals TRIAL

THURSDAY	
Studio open at 3:30 pm · Closes at 9:00 pm	
4:30 – 5:30 pm	Kids Jiu Jitsu
5:30 – 6:00 pm	Kids Submission Samurai
7:00 – 8:30 pm	Jiu-Jitsu - Adult & Youth: Intermediate & Advance
8:30 – 9:00 pm	Drilling

FRIDAY	
Studio open at 6:00 pm · Closes early at 8:00 pm	
6:00 – 8:00 pm	In-house Open Mat

SATURDAY	
Studio open at 9:00 am · Closes at 4:30 pm	
10:00 – 11:00 am	Kids Jiu Jitsu
11:30 am – 12:30 pm	Kids Jiu Jitsu
1:00 – 2:00 pm	SBG Power Hour
2:00 – 3:30 pm	Jiu-Jitsu - Adult & Youth - All Levels
3:30 – 4:30 pm	Drilling / Competition Training Seasonal

SUNDAY	
Studio open at 7:45 am	
8:00 – 9:00 am	The Iron Ladies Group Strength Training for Women Only
9:30 – 10:30 am	Yoga with Komathi
12:00 – 12:45 pm	Micro Monkey Parent & Toddler group exercise.
3:00 – 4:00 pm	The Tapang Club Per Programs · Extra Fee

- Kids classes are 6 YO and up. Kids MMA Fitness are 8 YO and up.
- All other classes are suitable for youths (12 YO and up) and adults.
- ***Private Sessions** — Kids Focus & Flow runs by private session.
- Kids Submission Samurai sessions are Head Coach invitation only.

SBG Borneo is owned by Hung En Sdn. Bhd.

- Intermediate & Advanced classes typically end with positional training.
- **Last week of every month is NO GI** for all classes, including Kids.
- **Judo For All** once a month. **Striking Foundations** twice a month. Contact us for dates.