

**TIMETABLE - TRIFECTA BUKIT TIMAH**

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
9.15AM											POWERTOTS	BJJ KIDS (L1)
10AM											BJJ KIDS (L1)	BJJ KIDS (L1)
10.45AM											BJJ KIDS (L2)	POWERTOTS
11.30AM					BJJ (GI)				BJJ (NO-GI)		POWERTOTS	MUAY THAI (BEG)
12.30PM	MUAY THAI		MUAY THAI		MUAY THAI		MUAY THAI		MUAY THAI		BJJ (BEG)	BJJ (BEG)
1.30PM											MUAY THAI (BEG)	MT (FUND)
2.00PM												2PM-3PM: BJJ KIDS (GIRLS)
2.30PM											NO-GI WRESTLING/ MUAY THAI (FUND)	BJJ (COMPETITION)
3.30PM											3.30PM-4.30PM: MUAY THAI (SPARRING)	3.30PM-4.30PM: BJJ KIDS (L1)
4.45PM	BJJ KIDS (L1)		BJJ KIDS (L1)		BJJ KIDS (L1)				BJJ KIDS (L1)			
5.30PM	BJJ KIDS (L2)				BJJ KIDS (L2)				BJJ KIDS (L2)			
6.30PM	BJJ (BEG)	MUAY THAI (BEG)	BJJ (BEG)	MUAY THAI (INT)	BJJ (BEG)	MUAY THAI (BEG)	BJJ (BEG)	MUAY THAI (INT)	BJJ (BEG)	MUAY THAI (BEG)		
7.30PM	BJJ (1.5HR)	MUAY THAI (FUND)	BJJ (1.5HR)	MUAY THAI (BEG)	BJJ (1.5HR)	MUAY THAI (FUND)	BJJ (NO-GI)	MUAY THAI (BEG)	BJJ (1.5HR)	MUAY THAI (FUND)		
8.30PM				MUAY THAI (FUND)		MUAY THAI (SPARRING)		MUAY THAI (FUND)				
9.00PM												
9.30PM												