

FaMA CLASS SCHEDULE

Effective from 11 Oct 2021.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRAZILIAN JIU-JITSU INTERMEDIATE 6:45 AM - 7:45 AM	MUAY THAI TECHNICAL SPARRING 6:45 AM - 7:45 AM	BRAZILIAN JIU-JITSU INTERMEDIATE 6:45 AM - 7:45 AM	MUAY THAI INTERMEDIATE 6:45 AM - 7:45 AM	BRAZILIAN JIU-JITSU INTERMEDIATE 6:45 AM - 7:45 AM		
MUAY THAI BASIC 8:15 AM - 9:15 AM	BRAZILIAN JIU-JITSU BASIC 8:15 AM - 9:15 AM	MUAY THAI BASIC 8:15 AM - 9:15 AM	BRAZILIAN JIU-JITSU BASIC 8:15 AM - 9:15 AM	MUAY THAI BASIC 8:15 AM - 9:15 AM	FaMA FIT ALL LEVELS 8 AM - 8:45 AM	FaMA FIT ALL LEVELS 8 AM - 8:45 AM
FaMA FIT INTERMEDIATE 11 AM - 12 PM	FaMA FIT BASIC 11 AM - 12 PM	FaMA FIT INTERMEDIATE 11 AM - 12 PM	FaMA FIT BASIC 11 AM - 12 PM	FaMA FIT INTERMEDIATE 11 AM - 12 PM	LITTLE TIGERS MUAY THAI Ages 4 - 9 9:00 AM - 9:45 AM	LITTLE WARRIORS BJJ Ages 4 - 6 9:00 AM - 9:45 AM
BRAZILIAN JIU-JITSU INTERMEDIATE 12:15 PM - 1:15 PM	MUAY THAI BASIC 12:15 PM - 1:15 PM	BRAZILIAN JIU-JITSU INTERMEDIATE 12:15 PM - 1:15 PM	MUAY THAI BASIC/BEGINNER SPARRING 12:15 PM - 1:15 PM	BRAZILIAN JIU-JITSU INTERMEDIATE 12:15 PM - 1:15 PM	MEDIUM MONSTROS BJJ Ages 7 - 9 10:00 AM - 11:00 AM	MEDIUM MONSTROS BJJ Ages 7 - 9 10:00 AM - 11:00 AM
MUAY THAI FUNDAMENTALS/BASIC 1:30 PM - 2:30 PM	BRAZILIAN JIU-JITSU BASIC 1:30 PM - 2:30 PM	MUAY THAI BASIC 1:30 PM - 2:30 PM	BRAZILIAN JIU-JITSU BASIC 1:30 PM - 2:30 PM	MUAY THAI BASIC 1:30 PM - 2:30 PM	JUNIOR CHAMPIONS BJJ Ages 10 - 12 11:15 AM - 12:15 PM	JUNIOR CHAMPIONS BJJ Ages 10 - 12 11:15 AM - 12:15 PM
LITTLE WARRIORS BJJ Ages 4 - 6 4:00 PM - 4:45 PM	LITTLE TIGERS MUAY THAI Ages 4 - 9 4:00 PM - 4:45 PM	LITTLE WARRIORS BJJ Ages 4 - 6 4:00 PM - 4:45 PM	LITTLE TIGERS MUAY THAI Ages 4 - 9 4:00 PM - 4:45 PM	LITTLE WARRIORS BJJ Ages 4 - 6 4:00 PM - 4:45 PM	MUAY THAI ALL LEVELS 12:30 PM - 1:30 PM	BRAZILIAN JIU-JITSU ALL LEVELS 12:30 PM - 1:30 PM
MEDIUM MONSTROS BJJ Ages 7 - 9 5:00 PM - 6:00 PM	JUNIOR CHAMPIONS BJJ Ages 10 - 12 5:00 PM - 6:00 PM	MEDIUM MONSTROS BJJ Ages 7 - 9 5:00 PM - 6:00 PM	JUNIOR CHAMPIONS BJJ Ages 10 - 12 5:00 PM - 6:00 PM	MEDIUM MONSTROS BJJ Ages 7 - 9 5:00 PM - 6:00 PM	BRAZILIAN JIU-JITSU INTRO CLASS 1:45 PM - 2:30 PM	THEORY OF JIU-JITSU INTERMEDIATE 1:45 PM - 2:45 PM
MUAY THAI BASIC 6:30 PM - 7:30 PM	MUAY THAI BASIC 6:30 PM - 7:30 PM	BRAZILIAN JIU-JITSU BASIC 6:30 PM - 7:30 PM	MUAY THAI BASIC 6:30 PM - 7:30 PM	BRAZILIAN JIU-JITSU BASIC 6:30 PM - 7:30 PM	BRAZILIAN JIU-JITSU BASIC 2:45 PM - 3:45 PM	MUAY THAI INTRO CLASS 3:00 PM - 3:45 PM
BRAZILIAN JIU-JITSU INTERMEDIATE 7:45 PM - 8:45 PM	BRAZILIAN JIU-JITSU BASIC 7:45 PM - 8:45 PM	MUAY THAI BASIC 7:45 PM - 8:45 PM	BRAZILIAN JIU-JITSU BASIC 7:45 PM - 8:45 PM	MUAY THAI BASIC 7:45 PM - 8:45 PM	BJJ NO-GI INTERMEDIATE 4:00 PM - 5:00 PM	MUAY THAI ALL LEVELS 4:00 PM - 5:00 PM
BJJ NO-GI INTERMEDIATE 9:00 PM - 10:00 PM	BRAZILIAN JIU-JITSU INTERMEDIATE 9:00 PM - 10:00 PM	BJJ NO-GI INTERMEDIATE 9:00 PM - 10:00 PM	BRAZILIAN JIU-JITSU INTERMEDIATE 9:00 PM - 10:00 PM	MUAY THAI TECHNICAL SPARRING 8:45 PM - 9:30 PM		