

FaMA CLASS SCHEDULE

Effective from 12 Dec, 2022.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BJJ Intermediate 6:45 AM	MUAY THAI Basic 6:45 AM	BJJ Basic 6:45 AM	MUAY THAI Intermediate + Sparring 6.45 AM	BJJ Intermediate 6:45 AM	BOXING Basic 6:45 AM	BJJ Basic 6:45 AM	MUAY THAI Intermediate + Sparring 6.45 AM	BJJ Intermediate 6:45 AM	MUAY THAI Basic 6:45 AM	LITTLE WARRIORS Ages 4-5 9 - 9:45 AM		LITTLE WARRIORS Ages 4-5 9 - 9:45 AM	
BJJ Basic 8:00 AM	BOXING Basic 8:00 AM	BJJ Intermediate 8:00 AM	MUAY THAI Basic 8:00 AM	BJJ Basic 8:00 AM	MUAY THAI Basic 8:00 AM	BJJ Intermediate 8:00 AM	MUAY THAI Basic 8:00 AM	BJJ Basic 8:00 AM	MUAY THAI Intermediate 8:00 AM	MEDIUM MONSTROS Ages 6-8 10:00 AM		MEDIUM MONSTROS Ages 6-8 10:00 AM	
FaMA FIT 11:00 AM		BJJ No-Gi 11:00 AM	FaMA FIT 11:00 AM	FaMA FIT 11:00 AM		BJJ No-Gi 11:00 AM	FaMA FIT 11:00 AM	FaMA FIT 11:00 AM		JUNIOR CHAMPIONS AGES 9-12 11:15 AM	LITTLE TIGERS AGES 4-7 11:15 AM - 12 PM	JUNIOR CHAMPIONS AGES 9-12 11:15 AM	
BJJ Intermediate 12:15 PM	MUAY THAI Basic 12:15 PM	BJJ Basic 12:15 PM	BOXING Basic 12:15 PM	BJJ Intermediate 12:15 PM	MUAY THAI Basic 12:15 PM	BJJ Basic 12:15 PM	MUAY THAI Basic 12:15 PM	BJJ Intermediate 12:15 PM	MUAY THAI Basic 12:15 PM	JUNIOR TIGERS Ages 8-12 12:30 PM - 1:30 PM			
BJJ Basic 1:30 PM	MUAY THAI Intermediate + Padwork/Clinch 1:30 PM	BJJ Sparring 1:30 PM	MUAY THAI Basic 1:30 PM	BJJ Basic 1:30 PM	MUAY THAI Intermediate + Padwork/Clinch 1:30 PM	BJJ Theory of JJ 1:30 PM	BOXING Basic 1:30 PM	BJJ Basic 1:30 PM	MUAY THAI Intermediate + Padwork/Clinch 1:30 PM	BJJ Basic 1:30 PM	MUAY THAI Basic 1:30 PM	BJJ Intermediate 1:15 PM	MUAY THAI Basic 1:15 PM
LITTLE WARRIORS Ages 4-5 4 PM - 4:45 PM		JUNIOR TIGERS Ages 8-12 4 PM - 5 PM		LITTLE WARRIORS Ages 4-5 4 PM - 4:45 PM		JUNIOR TIGERS Ages 8-12 4 PM - 5 PM		LITTLE WARRIORS Ages 4-5 4 PM - 4:45 PM		BJJ Intermediate 2:45 PM	MUAY THAI Intermediate + Sparring 2:45 PM	BJJ Theory of JJ 2:30 PM	MUAY THAI Intermediate + Sparring 2:30 PM
MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-12 5:00 PM		MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-12 5:00 PM		MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-12 5:00 PM		MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-12 5:00 PM		MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-12 5:00 PM		BJJ No-Gi 4:00 PM	MUAY THAI Basic 4:00 PM	BJJ Basic 3:45 PM	MUAY THAI Basic 3:45 PM
BJJ Basic 6:30 PM	BOXING Basic 6:30 PM	BJJ Intermediate 6:30 PM	MUAY THAI Basic 6:30 PM	BJJ Basic 6:30 PM	BOXING Basic 6:30 PM	BJJ No-Gi 6:30 PM	MUAY THAI Basic 6:30 PM	BJJ Basic 6:30 PM	BOXING Basic 6:30 PM	<div>LEGEND</div> <div>BJJ Basic - All Levels</div> <div>BJJ Intermediate - 1 Stripe +</div> <div>BJJ No-Gi - 1 Stripe +</div> <div>Theory of JJ - 1 Stripe +</div> <div>MT Basic - All Levels</div> <div>MT Intermediate - Grade 1 +</div> <div>MT Sparring - Grade 1 +</div> <div>Boxing Basic - All Levels</div>			
BJJ Intermediate 7:45 PM	MUAY THAI Basic 7:45 PM	BJJ Basic 7:45 PM	MUAY THAI Intermediate + Padwork/Clinch 7:45 PM	BJJ Intermediate 7:45 PM	MUAY THAI Basic 7:45 PM	BJJ Basic 7:45 PM	MUAY THAI Intermediate + Padwork/Clinch 7:45 PM	BJJ No-Gi 7:45 PM	MUAY THAI Basic 7:45 PM				
BJJ No-Gi 9:00 PM	MUAY THAI Sparring 8:45 - 9:30 PM	BJJ No-Gi 9:00 PM	MUAY THAI Basic 9:00 PM	BJJ No-Gi 9:00 PM	MUAY THAI Sparring 8:45 - 9:30 PM	BJJ Intermediate 9:00 PM	MUAY THAI Basic 9:00 PM	MUAY THAI Intermediate + Sparring 9:00 PM					