

FaMA CLASS SCHEDULE

Effective from 13 Feb, 2023.

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 9:15 - 10:00 AM	LITTLE WARRIORS Ages 4-5 9:15 - 10:00 AM		
BJJ Basic 7:45 AM	BOXING Basic 7:45 AM	BJJ Intermediate 7:45 AM	MUAY THAI Basic 7:45 AM	BJJ Basic 7:45 AM	MUAY THAI Basic 7:45 AM	BJJ Intermediate 7:45 AM	MUAY THAI Basic 7:45 AM	BJJ Basic 7:45 AM	MUAY THAI Intermediate 7:45 AM	MEDIUM MONSTROS Ages 6-8 10:00 AM	MEDIUM MONSTROS Ages 6-8 10:00 AM	FaMA FIT Basic 10:00 AM	
FaMA FIT Basic 11:15 AM	BJJ No-Gi 11:15 AM	FaMA FIT Intermediate 11:15 AM	FaMA FIT Basic 11:15 AM	FaMA FIT Basic 11:15 AM	BJJ No-Gi 11:15 AM	FaMA FIT Intermediate 11:15 AM	FaMA FIT Basic 11:15 AM	FaMA FIT Basic 11:15 AM	FaMA FIT Basic 11:15 AM	JUNIOR CHAMPIONS AGES 9-15 11:00 AM	LITTLE TIGERS AGES 4-7 11 AM - 11:45 AM	JUNIOR CHAMPIONS AGES 9-15 11:00 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 8-15 12:00 PM - 1:00 PM	JUNIOR TIGERS Ages 8-15 12:00 PM - 1:00 PM	JUNIOR TIGERS Ages 8-15 12:00 PM - 1:00 PM	
BJJ Basic 1:15 PM	MUAY THAI Intermediate + Padwork/Clinch 1:15 PM	BJJ Sparring 1:15 PM	MUAY THAI Basic 1:15 PM	BJJ Basic 1:15 PM	MUAY THAI Intermediate + Padwork/Clinch 1:15 PM	BJJ Theory of JJ 1:15 PM	BOXING Basic 1:15 PM	BJJ Basic 1:15 PM	MUAY THAI Intermediate + Padwork/Clinch 1:15 PM	BJJ Basic 1:00 PM	MUAY THAI Basic 1:00 PM	BJJ No-Gi Sparring 1:00 PM	BOXING Basic 1:00 PM
LITTLE WARRIORS Ages 4-5 4:15 PM - 5:00 PM	JUNIOR TIGERS Ages 8-15 4:15 PM - 5:15 PM	LITTLE WARRIORS Ages 4-5 4:15 PM - 5:00 PM	LITTLE WARRIORS Ages 4-5 4:15 PM - 5:00 PM	LITTLE WARRIORS Ages 4-5 4:15 PM - 5:00 PM	JUNIOR TIGERS Ages 8-15 4:15 PM - 5:15 PM	LITTLE WARRIORS Ages 4-5 4:15 PM - 5:00 PM	JUNIOR TIGERS Ages 8-15 4:15 PM - 5:15 PM	LITTLE WARRIORS Ages 4-5 4:15 PM - 5:00 PM	JUNIOR TIGERS Ages 8-15 4:15 PM - 5:15 PM	BJJ Intermediate 2:00 PM	BOXING Basic 2:00 PM	BJJ Theory of JJ 2:00 PM	MUAY THAI Basic 2:00 PM
MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	MEDIUM MONSTROS JUNIOR CHAMPIONS Ages 6-15 5:15 PM	BJJ No-Gi 3:00 PM	MUAY THAI Intermediate + Sparring 3:00 PM	BJJ Basic 3:00 PM	MUAY THAI Intermediate + Sparring 3:00 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	BJJ Basic 6:30 PM	BOXING Basic 6:30 PM	BJJ Basic 6:30 PM	BOXING Basic 6:30 PM
BJJ Intermediate 7:30 PM	MUAY THAI Basic 7:30 PM	BJJ No-Gi Basic 7:30 PM	MUAY THAI Intermediate + Padwork/Clinch 7:30 PM	BJJ Intermediate 7:30 PM	MUAY THAI Basic 7:30 PM	BJJ Basic 7:30 PM	MUAY THAI Intermediate + Padwork/Clinch 7:30 PM	BJJ No-Gi 7:30 PM	MUAY THAI Basic 7:30 PM	BJJ No-Gi 7:30 PM	MUAY THAI Basic 7:30 PM	BJJ No-Gi 7:30 PM	MUAY THAI Basic 7:30 PM
BJJ No-Gi 8:30 PM	MUAY THAI Sparring 8:30 - 9:15 PM	BJJ Sparring 8:30 - 9:15 PM	MUAY THAI Basic 8:30 PM	BJJ No-Gi 8:30 PM	MUAY THAI Sparring 8:30 - 9:15 PM	BJJ Sparring 8:30 - 9:15 PM	MUAY THAI Basic 8:30 PM	BJJ Sparring 8:30 - 9:15 PM	MUAY THAI Basic 8:30 PM	BJJ Sparring 8:30 - 9:15 PM	MUAY THAI Basic 8:30 PM	BJJ Sparring 8:30 - 9:15 PM	MUAY THAI Intermediate + Sparring 8:30 PM

LEGEND
BJJ Basic - All Levels
BJJ Intermediate - 1 Stripe +
BJJ No-Gi - 1 Stripe +
Theory of JJ - 1 Stripe +
MT Basic - All Levels
MT Intermediate - Grade 1 +
MT Sparring - Grade 1 +
Boxing Basic - All Levels