



## Straight Blast Gym Borneo - Brazilian Jiu-Jitsu Class Schedule - January 2024

Day	Time	Class
Tuesday	10:30 - 11:30 16:30 - 17:30 17:30 - 18:00 19:00 - 20:30	<b>Adults</b> - All Levels, Gi & No Gi <b>Kids</b> <b>Submission Samurai</b> (Head Coach Invitation Only) <b>Adults</b> - All Levels
Wednesday	16:30 - 17:30 19:00 - 20:00 20:00 - 21:00	<b>Kids</b> <b>Adults &amp; Youths</b> - Ladies Night <b>Adults &amp; Youths</b> - BJJ Fundamentals with Coach Eric (Beginners)
Thursday	10:30 - 11:30 16:30 - 17:30 17:30 - 18:00 19:00 - 20:30	<b>Adults</b> - All Levels, Gi & No Gi <b>Kids</b> <b>Submission Samurai</b> (Head Coach Invitation Only) <b>Adults</b> - All Levels
Friday	19:00 - 20:00 20:00 - 21:00	<b>Adults &amp; Youths</b> - Foundations Lesson 1-16 (Beginners) <b>Adults</b> - Competition Training
Saturday	09:00 - 09:45 10:00 - 11:00 11:30 - 12:30 13:00 - 14:00 13:00 - 14:00	<b>Toddlers &amp; Parents</b> - Micro Monkeys <b>Kids</b> <b>Kids</b> <b>Adults</b> - All Levels <b>Youths</b>
Sunday	09:00 - 10:00	<b>Yoga with Komathi</b>

**Toddlers: 3 to 5**      **Kids: 6 to 10**      **Youth: 11 to 17**      **Adult: 17 and up**

- Beginners welcome: All first timers get a **free trial class** - Wednesday and Friday Beginners Class.
- Attire: If not wearing a Jiu-Jitsu uniform (gi), please dress in comfortable workout clothes. Remove jewelry and watch as needed.
- Good hygiene: Clean uniform for every class. Clean feet, trimmed finger and toe nails.

### Fees:

- Please message us directly for fee structure information as we have various packages to choose from.
- Drop in fee is RM40.
- Personal Session is RM150 an hour.
- Yoga RM20 per session for MMA Sports Hub registered members. RM25 per session for Non-members.

### Location:

MMA Sports Hub, The Boulevard Shopping Mall - Mall 1 Level 4, Jalan Datuk Tawi Sli, Taman Seng Goon, 93250 Kuching, Sarawak

**WhatsApp: +1415 793 3088**      **MMA Sports Hub: +6012 337 8047**