



## Straight Blast Gym Borneo - Brazilian Jiu-Jitsu Class Schedule - Starting November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*	*	*	*	*	*	8:00 - 9:00am The Iron Ladies Group Strength Training
					10:00 - 11:00am Kids	9:00 - 10:00am Yoga with Komathi
					11:30 - 12:30pm Kids	*
					1:00 - 1:30pm Strength & Conditioning	
					2:00 - 3:30pm All Levels BJJ	
					3:30 - 4:00pm Drilling	3:00 - 4:00pm Competition Training
	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids	4:30 - 5:30pm Kids MMA Fitness		
	5:30 - 6:00pm Submission Samurai	*	5:30 - 6:00pm Submission Samurai	*		
7:00 - 8:00pm Fundamentals Beginner & Up	7:00 - 8:30pm Intermediate & Advance Positional Training	7:00 - 8:00pm Ladies Night All Levels	7:00 - 8:30pm Intermediate & Advance Positional Training	7:00 - 8:00pm Foundations Beginner & Up		
8:00 - 9:00pm Drilling	8:30 - 9:00pm Open Mat	8:00 - 9:00pm Fundamentals Beginner & Up	8:30 - 9:00pm Open Mat	8:00 - 9:00pm Drilling		

\*When there is no scheduled class, all SBG Borneo members are welcome to use the mats and functional training area.

Kids classes are 6 YO and up. Submission Samurai sessions are Head Coach invitation only. Kids MMA Fitness are 8 YO and up.

All other classes are suitable for both youths (12 YO and up) and adults. Intermediate & Advance classes are longer, typically end with positional training.

Last week of every month is **NO GI** for all the classes, including Kids.