

Class Schedule

SBG Borneo · Kuching, Sarawak

SBG Borneo

MONDAY - FRIDAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 – 5:30 pm	—	KIDS	KIDS	KIDS	KIDS MMA FITNESS
5:30 – 6:30 pm	Open Mat All Levels	SUBMISSION SAMURAI 5:30 – 6:00 pm	Open Mat All Levels	SUBMISSION SAMURAI 5:30 – 6:00 pm	Open Mat All Levels
7:00 – 8:00 pm	Fundamentals Beginner & Up	Intermediate & Advanced 7:00 – 8:30 pm Positional Training	Ladies Night All Levels	Intermediate & Advanced 7:00 – 8:30 pm Positional Training	Foundations Beginner & Up
8:00 pm+	Drilling	Open Mat from 8:30 pm	Fundamentals Beginner & Up	Open Mat from 8:30 pm	Drilling

WEEKEND

SATURDAY	
10:00 – 11:00 am	KIDS
11:30 am – 12:30 pm	KIDS
1:00 – 1:30 pm	Strength & Conditioning
2:00 – 3:30 pm	All Levels BJJ
3:30 pm+	Open Mat

SUNDAY	
8:00 – 9:00 am	The Iron Ladies Group Strength Training
9:00 – 10:00 am	Yoga with Komathi
3:00 – 4:00 pm	Competition Training