

# TRIFECTA CLASS SCHEDULE

BUKIT TIMAH BRANCH

WEF 1 JUL 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY						
11:00 AM	OPEN WORKOUT	OPEN WORKOUT	OPEN WORKOUT	OPEN WORKOUT	OPEN WORKOUT	9:15 AM	KIDS BJJ POWERTOTS	KIDS BJJ LEVEL 1						
12:30 PM	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS	10:00	KIDS BJJ LEVEL 1	KIDS BJJ LEVEL 1						
1:30			BJJ FUNDAMENTALS		BJJ FUNDAMENTALS	10:45	KIDS BJJ LEVEL 2	KIDS BJJ POWERTOTS						
4:00	KIDS BJJ POWERTOTS		KIDS BJJ POWERTOTS		KIDS BJJ POWERTOTS	11:30	KIDS BJJ POWERTOTS	MUAY THAI BEGINNERS						
4:45	KIDS BJJ LEVEL 1	KIDS BJJ LEVEL 1	KIDS BJJ LEVEL 1	KIDS BJJ LEVEL 1	KIDS BJJ LEVEL 1	12:30 PM	BJJ BEGINNERS	BJJ BEGINNERS						
5:30	KIDS BJJ LEVEL 2	KIDS BJJ LEVEL 2	KIDS BJJ LEVEL 2	KIDS BJJ LEVEL 2	KIDS BJJ LEVEL 2	1:30	MUAY THAI BEGINNERS	MUAY THAI FUNDAMENTALS	MMA STRIKING					
6:30	MUAY THAI BEGINNERS	BJJ WOMEN'S	MUAY THAI INTERMEDIATE	BJJ BEGINNERS	MUAY THAI BEGINNERS	BJJ BEGINNERS	MUAY THAI INTERMEDIATE	BJJ BEGINNERS	MUAY THAI BEGINNERS	BJJ BEGINNERS	2:30	MUAY THAI FUNDAMENTALS	MMA GRAPPLING	BJJ COMPETITION TEAM
7:30	MUAY THAI FUNDAMENTALS	STRENGTH & CONDITIONING	MUAY THAI BEGINNERS	BJJ FUNDAMENTALS	MUAY THAI FUNDAMENTALS	BJJ FUNDAMENTALS	MUAY THAI BEGINNERS	BJJ NO-GI	MUAY THAI FUNDAMENTALS	BJJ FUNDAMENTALS	3:30	MUAY THAI SPARRING		KIDS BJJ LEVEL 1
8:30	BJJ FUNDAMENTALS	MUAY THAI FUNDAMENTALS	BJJ INTERMEDIATE	MUAY THAI SPARRING			MUAY THAI FUNDAMENTALS	STRENGTH & CONDITIONING			4:30	KIDS BJJ LEVEL 2	KIDS BJJ KIDS COMPETITION TEAM	

## MUAY THAI (MT)

Muay Thai classes are offered solely to adults and teenagers. These high intensity sessions comprise shadow sparring, bag work and pad work.

MT focuses primarily on "fighting effectiveness" so students can expect to improve their cardiovascular fitness and mental toughness with regular training sessions.

While we do not offer Muay Thai for children, teenagers have the option of participating in adult classes, with the approval of the head instructor.

**Required equipment:** All students must bring their own 14 oz. gloves and hand wraps for class.

## BRAZILIAN JIU-JITSU (BJJ)

We offer BJJ classes for children and adults. Our age-specific children's classes are divided into PowerTots (Below 6 years old), Level 1 (6-8 years old) and Level 2 (9-11 years old).

Teenagers aged 12 and above normally participate in Adult BJJ Beginners classes.

Our adult program covers both the self-defence and sport aspect of the martial art. New students are encouraged to start in the beginners classes, to develop an understanding of the basic techniques and terminology. Fundamentals classes focus more on technical application and sparring.

We also offer no-gi classes, which is a faster and more dynamic version of BJJ. For no-gi classes, the mandatory attire is tights / board shorts and a rash guard (no tee-shirts).

BJJ combined training sessions are conducted at 8:30 PM on

**2nd Friday of each month:** River Valley Branch  
**Last Friday of each month:** Bukit Timah Branch

Adult BJJ members are strongly encouraged to attend these sessions as all our BJJ professors will be present! Please note that evening Adult BJJ classes are cancelled on these Fridays.

## STRENGTH & CONDITIONING

The objective of S&C classes is to improve performance in specific martial arts. Each intensive 60-minute session of circuit training involves body weight exercises and mobile weights.

## MMA TEAM TRAINING

Trifecta's MMA team is based out of the Bukit Timah branch.

While the training program is open to members who participate in both the striking and grappling programs, those who have MMA fight aspirations are required to:

- Earn Intermediate certification in Muay Thai
- Earn a blue belt in Brazilian Jiu-jitsu.
- Compete in a sanctioned Muay Thai fight and a BJJ tournament

before they are eligible to represent Trifecta Martial Arts.

If you would like to audition for our MMA team, please speak with Coach Luke Leasure.



**TRIFECTA**  
MARTIAL ARTS

## TRIFECTA MARTIAL ARTS

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