

TRIFECTA CLASS SCHEDULE

WEF 01 MAR 2017

NOVENA BRANCH

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	STUDIO 2	STUDIO 3	STUDIO 2	STUDIO 3	STUDIO 2	STUDIO 3	STUDIO 2	STUDIO 3	STUDIO 2	STUDIO 3	STUDIO 2	STUDIO 3	STUDIO 2	STUDIO 3
9:00 AM													TKD KIDS LEVEL 1	TKD ALL LEVELS
10:00					TKD ALL LEVELS		POWERTOTS 10:00 - 10:45 AM		TKD SPARRING DRILLS		POWERTOTS 10:00 - 10:45 PM		POWERTOTS 10:00 - 10:45 PM	
11:00			BJJ FUNDAMENTALS 10:30 - 11:30 AM		TKD TEST PREPARATION		BJJ FUNDAMENTALS 10:30 - 11:30 AM		TKD TEST PREPARATION		TKD KIDS ALL LEVELS		TKD KIDS LEVEL 1	
12:00 PM	BJJ NO-GI FREE TRAINING		BJJ FUNDAMENTALS		BJJ FUNDAMENTALS		BJJ FUNDAMENTALS		BJJ NO-GI ALL LEVELS		TKD KIDS ALL LEVELS		TKD KIDS ALL LEVELS	
1:00														
2:00													TKD KIDS LEVEL 1	TKD KIDS LEVEL 1
3:00													TKD KIDS ALL LEVELS	BJJ KIDS 2:30 - 3:15 PM
4:00	TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD SPARRING	BJJ FUNDAMENTALS
5:00	TKD KIDS ALL LEVELS	BJJ KIDS 5:00 - 5:45 PM	TKD KIDS ALL LEVELS	BJJ TEENS 5:00 - 5:45 PM	TKD KIDS ALL LEVELS	BJJ KIDS 5:00 - 5:45 PM	TKD KIDS ALL LEVELS	TKD KIDS ALL LEVELS	TKD KIDS LEVEL 2 & 3	BJJ KIDS 5:00 - 5:45 PM			TKD FORMS	BJJ BEGINNERS
6:00	TKD KIDS SPARRING		TKD KIDS ALL LEVELS		TKD KIDS LEVEL 2 & 3		TKD KIDS POOM BELT		TKD KIDS SPARRING		TKD KIDS SPARRING			BJJ FUNDAMENTALS
7:00	TKD ALL LEVELS	BJJ BEGINNERS	TKD SPARRING	BJJ FUNDAMENTALS			TKD SPARRING	BJJ BEGINNERS	TKD ALL LEVELS	BJJ FUNDAMENTALS				BJJ FUNDAMENTALS
8:00		BJJ FUNDAMENTALS		BJJ BEGINNERS	TKD COMBINED TRAINING	BJJ BEGINNERS	TKD TEST PREP	BJJ FUNDAMENTALS		BJJ BEGINNERS				BJJ KIDS 4:30 - 5:15 PM

BJJ COMBINED TRAINING
 Combined training sessions are conducted at 7:30 PM on the **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 6:30 and 7:30 PM BJJ classes are cancelled on these Fridays.
 For more info, please speak with our friendly front-desk staff!

TAEKWONDO (TKD)

We offer TKD classes for children and adults. Our age-specific children's classes are for tots (3-5 yrs old), children (5-12 yrs old) and teens (12 and older). Teens also have the option of joining the adult program.

In addition, students who have competitive aspirations may request to audition for our competition team, with supplementary trainings conducted at the Trifecta Novena Headquarters.

Our adult Taekwondo program is a traditional-based program, with an emphasis on practicality and application. Adults are strongly encouraged to go through the grading process, as milestones for their progress in TKD.

BRAZILIAN JIU-JITSU (BJJ)

We offer BJJ classes for children and adults. Our age-specific children's classes are divided into Level 1 (below 7 yrs old) and All Levels (7 - 10 yrs old) and Teens. Teens also have the option of joining the adult program.

Our adult program is 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 (white belt 2 stripes & above) 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).

SEMINARS

From time to time, Trifecta Martial Arts organizes seminars and special events. Follow us on Facebook for announcements and news of latest happenings at Trifecta Novena!

CORPORATE PROGRAMS

Trifecta has a wide offering of corporate programs, ranging from team-building programs to self-defence and wellness programs, that can be conducted at any of our three branches or offsite. For more information, please e-mail info@trifecta.com.sg

TRIFECTA MARTIAL ARTS



TRIFECTA
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