

TRIFECTA CLASS SCHEDULE RIVER VALLEY BRANCH

WEF 28 NOV 2016

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
9:00 AM													TKD KIDS ALL LEVELS	TKD KIDS ALL LEVELS
10:00					TKD SPARRING 9:30 to 10:30 AM				TKD ALL LEVELS 9:30 to 10:30 AM				POWER TOTS 10:00 to 10:45 AM	TKD KIDS LEVEL 1
11:00					TKD TEST PREP 10:30 to 11:30								TKD KIDS LEVEL 1	POWER TOTS 11:00 to 11:45 AM
12:00 PM	MUAY THAI ALL LEVELS		MUAY THAI BEGINNERS		MUAY THAI ALL LEVELS		MUAY THAI BEGINNERS		MUAY THAI ALL LEVELS				TKD KIDS ADVANCED LEVEL	TKD KIDS ADVANCED LEVEL
1:00	BJJ ALL LEVELS		MUAY THAI FUNDAMENTALS		BJJ ALL LEVELS		MUAY THAI FUNDAMENTALS		BJJ ALL LEVELS				TKD KIDS SPARRING	TKD KIDS SPARRING
2:00													TEENS ALL LEVELS	FAMILY TKD PARENT & CHILD
3:00	TKD KIDS LEVEL 1		POWER TOTS 3:15 to 4:00 PM		POWER TOTS 3:15 to 4:00 PM		POWER TOTS 3:15 to 4:00 PM		POWER TOTS 3:15 to 4:00 PM				TKD KIDS LEVEL 1	TKD KIDS ALL LEVELS
4:00	TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1		TKD KIDS LEVEL 1				COMP TEAM SPARRING	TKD ALL LEVELS
5:00	TKD KIDS ALL LEVELS		TKD KIDS ALL LEVELS		TKD KIDS ALL LEVELS		TKD KIDS ALL LEVELS		TKD KIDS ALL LEVELS				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 Adult BJJ classes are cancelled on these Fridays.	
6:00	TEENS ALL LEVELS		TKD KIDS SPARRING	BJJ KIDS ALL LEVELS	TEENS ALL LEVELS	BJJ KIDS ALL LEVELS	COMP TEAM SPARRING	BJJ KIDS ALL LEVELS	TKD KIDS SPARRING	TEENS ALL LEVELS			WEEKEND MUAY THAI CLASSES Adult MT members are invited to our Bukit Timah branch to continue their training over the weekends.	
7:00	MUAY THAI BEGINNERS	TKD SPARRING	S&C INDOORS	BJJ BEGINNERS	MUAY THAI ALL LEVELS	BJJ BEGINNERS	MUAY THAI BEGINNERS	TKD ALL LEVELS	MUAY THAI BEGINNERS	BJJ BEGINNERS			For more info, please speak with our friendly front-desk staff!	
8:00	MUAY THAI ALL LEVELS	BJJ ALL LEVELS	MUAY THAI ALL LEVELS	BJJ FUNDAMENTALS	MUAY THAI BEGINNERS	BJJ FUNDAMENTALS	MUAY THAI ALL LEVELS	BJJ ALL LEVELS	MUAY THAI FUNDAMENTALS	BJJ FUNDAMENTALS				
9:00														

TAEKWONDO (TKD)

We offer TKD classes for children and adults. Our age-specific children's classes are for tots (3-5 years old), children (5-12 years old) and teens (12 years 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 Martial Arts [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 years old) and All Levels (7 - 10 years 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 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).

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. Muay Thai 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.



TRIFECTA
MARTIAL ARTS

RIVER VALLEY BRANCH
81 Clemenceau Avenue
#03-11
UE Square Shopping Mall
Singapore 239917

T 6733 1034
E rv@trifecta.com.sg

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