



Q23 Academy

CLASS SCHEDULE



	MON	TUE	WED	THUR	FRI	SAT	SUN	
9:00	PRIVATE CLASSES	PRIVATE CLASSES		PRIVATE CLASSES	PRIVATE CLASSES		CLOSED	
9:30								
10:00								
10:30								
11:00								
11:30								
12:00	BJJ Groundwork 11:30-12:30		BJJ Groundwork 11:30-12:30		BJJ KIDS 10:30-11:30			
12:30					BJJ Beginners/Basics 11:30-12:30			
13:00					BJJ Open Mat 12:30-2:30			
13:30								
14:00			PRIVATE CLASSES		PRIVATE CLASSES			
14:30								
15:00								
15:30								
16:00								
16:30		Community Empowerment 4:30-5:30						
17:00	BJJ KIDS 5:00-6:00		BJJ KIDS 5:00-6:00		BJJ KIDS 5:00-6:00			
17:30								
18:00		Crazy Monkey Striking 6:00-7:00		Crazy Monkey Striking 6:00-7:00				
18:30	BJJ Takedowns 6:30-7:30		BJJ Takedowns 6:30-7:30		BJJ Takedowns 6:30-7:30			
19:00		BJJ No Gi 7:00-8:00		BJJ Intermediate/ Competition Class 7:00-8:00				
19:30	BJJ Groundwork 7:30-8:30				BJJ Groundwork 7:30-8:30			
20:00								
20:30								
21:00	Ambassador Fitness Facility Closed					Key		
					BJJ Kids	5-12yrs	Takedowns	Adult 13+
					Community	5-12yrs	Groundwork	Adult 13+
					CM	adults 15+	No gi	Adult 13+
					Beginners	adults 13+	Open Mat	All Levels



Q23 Academy, 3rd Fl "Tower Wing" Inside
Fitness Studio, Beside Squash Court.
Ambassador Hotel
171 Sukhumvit Rd, Soi 11, Bangkok

Facebook: Q23 BJJ Academy - Ambassador Hotel
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Ext. 1235

Opening Hours
Weekdays 9am-9pm
Saturdays 9:30am-3:00pm
Closed on Sundays

