



Q23 ACADEMY

CLASS SCHEDULE



	MON	TUES	WED	THURS	FRI	SAT	SUN		
9.00	PRIVATE CLASSES	PRIVATE CLASSES		PRIVATE CLASSES	PRIVATE CLASSES		CLOSED		
9.30									
10.00									
10.30									
11.00								BJJ KIDS 10.30-11.30	
11.30			BJJ GROUNDWORK 11.30-12.30			BJJ GROUNDWORK 11.30-12.30			BJJ BEGINNERS 11.30-12.30
12.00									
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		FUNDAMENTAL BASICS COMBATIVES (NO-GI) 7.00-8.00		FUNDAMENTAL BASICS COMBATIVES (NO-GI) 7.00-8.00					
19.30	BJJ GROUNDWORK 7.30-8.30				BJJ GROUNDWORK 7.30-8.30			BJJ GROUNDWORK 7.30-8.30	
20.00									
20.30									
21.00	AMBASSADOR FITNESS CLOSED								

Q23 BJJ ACADEMY, AMBASSADOR HOTEL BANGKOK, 3RD FLOOR, FITNESS CENTRE, TOWER WING, SUKHUMVIT SOI 11, BANGKOK.	FB: Q23BJJACADEMY E: Q23ACADEMY@HOTMAIL.COM WWW.Q23ACADEMY.COM T: +66 (0)82 469 6903 +66 (0)2 254 0444 EXT.1235	OPENING HOURS: 9AM-9PM		BJJ KIDS	5-12YRS	TAKEDOWNS	13+YRS
		SATURDAYS: 9.30AM-3PM		COMMUNITY	5-12YRS	GROUNDWORK	13+YRS
		SUNDAYS: CLOSED		CRAZY MONKEY	15+YRS	COMBATIVES	13+YRS
				BEGINNERS	13+YRS	OPEN MAT	ALL LEVELS