



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BJJ 07:00 - 08:00	BJJ 07:00 - 08:00	BJJ 07:00 - 08:00	BJJ 07:00 - 08:00			BJJ FUNDAMENTALS 10:00 - 11:00
MUAY THAI 12:15 - 13:00	BOXING 12:15 - 13:00	MUAY THAI 12:15 - 13:00	BOXING 12:15 - 13:00		NO GI FUNDAMENTALS 12:00 - 13:00	BJJ 11:15 - 12:15
					BJJ - NO GI 13:15 - 14:15	BOXING 12:30 - 13:30
					WRESTLING 14:30 - 15:30	
BJJ RANDORI 17:45 - 18:45	BJJ - NO GI 17:45 - 18:45	BJJ 17:45 - 18:45	BJJ - NO GI 17:45 - 18:45	BJJ 17:45 - 18:45	MUAY THAI 15:45 - 16:45	
BJJ - NO GI RANDORI 19:00 - 20:30	BOXING 19:00 - 20:00	MMA 19:00 - 20:00	BJJ - NO GI 19:00 - 20:30	BOXING 19:00 - 20:00	MMA 19:00 - 20:00	BJJ - NO GI 19:00 - 20:30
	BJJ FUNDAMENTALS 20:15 - 21:00	MUAY THAI 20:15 - 21:00		BJJ FUNDAMENTALS 20:15 - 21:00	MUAY THAI 20:15 - 21:00	BOXING 19:00 - 20:00
ADVANCED MMA STRIKING 20:45 - 22:00	BJJ 21:00 - 22:00	ADVANCED MMA STRIKING 20:45 - 22:00	BJJ 21:00 - 22:00	ADVANCED MMA STRIKING 20:45 - 22:00		

MMA and Advanced MMA Striking are competition training classes

Booking Policy (ACTIVPASS)

- Book classes using ACTIVPASS.
- Book classes within package validity. Classes booked beyond membership expiry is considered invalid.
- Cancellation window is **60 minutes** before class.

Pls email/call in your booking if you don't have an account with us yet (ie. Drop-in / first-time visitors).

Booking is at a first-come first-served basis. THR reserves the right to disallow students from joining class when class is fully-booked.

For **personal training (PT)**, contact us at
T: 6513 0305 or E: team@teamhighlightreel.com
to book an appointment.