


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BOX ALL LEVELS 7:00 JEPPE	SPARRING DRILLS STRIKING 7:00 JEPPE	THAI FYS ALL LEVELS 7:00 JEPPE	GRAPPLING ALL LEVELS 07:00 JEREMIAH	THAI/BOX ALL LEVELS 7:00 JEPPE	BJJ MINIKIDS 4-6 AGES 10:00 BIG MAT BIANCA/MANUEL/MAREK		
		<b>SCHEMA</b>		<b>VT 2024</b>	BJJ JUNIORS AGE 7-10 11:00 BIG MAT BIANCA/MANUEL/MAREK		
PRO MMA 10:00	PRO MMA 10:00	PRO MMA 10:00	PRO MMA 10:00	PRO MMA 10:00	GIRLS MUAY THAI 11:00 BIG MAT JOSSE/CORNELIA	BJJ OPEN MAT 10:00 ONLY MEMBERS	
BJJ ALL LEVELS 12:00 BIG MAT PREDRAG/TABA	THAIBOXING ALL LEVELS 12:00 BIG MAT JEPPE	BJJ ALL LEVELS 12:00 BIG MAT PREDRAG/TABA	THAIBOXING ALL LEVELS 12:00 BIG MAT JEPPE	GRAPPLING ALL LEVELS 12:00 BIG MAT SEVAN/OLA	PHYSICALS COMPETITION 11:00 GYM/OUTSIDE VICTOR	MMA KIDS AGE 7-13 11:00 SEBASTIAN/MATTHIEW	
	BJJ DRILLS 12:00 SMALL MAT JOEL		BJJ DRILLS 12:00 SMALL MAT JOEL		BJJ YOUTH AGE 11-15 12:00 SMALL MAT ALVIN/JAMOL m.fl.	MMA BEGINNERS 12:00 BLND	
MMA INTERMIDIETE 16:30 BIG MAT ELMIR		MMA INTERMIDIETE 16:30 BIG MAT/CAGE ELMIR	WRESTLING ALL LEVELS 17:00 BIG MAT ELMIR	THAIBOXING INTERMIDIETE 17:00 BAG/RING AREA OLIVER	BJJ ALL LEVELS 11:30 SMALL MAT JEREMIAH	<p><b>CLASS LEVELS: COACHES DECIDE WHAT LEVEL YOU ARE. PRO, INTERMIDIETE ADVANCED AND COMPETITION CLASSES ARE INVITE ONLY!</b></p>	
BOXING ADVANCED 17:00 BAG AREA MICHA/ULF	MMA KIDS AGE 7-13 17:00 BAG AREA SEBASTIAN/MATTHIEW	BOXING ADVANCED 17:00 BAG AREA MICHA/ULF	BOXING BEGINNERS 17:00 SMALL MAT FELIPE/MACHETE/OLIVER	BOXING ADVANCED 17:00 BAGS AREA ERIK/MICHA/ULF	MMA ALL LEVELS 12:00 BIG MAT MUCHO		
BOXING BEGINNERS 17:00 SMALL MAT FELIPE/MACHETE/OLIVER	WRESTLING ALL LEVELS 17:00 BIG MAT ELMIR	BJJ 7y-10y/11y-14y 17:00 SMALL MAT BIANCA/ALVIN/JAMOL	GIRLS MUAY THAI 18:00 BAG AREA JOSSE/CAMILA/CORNELIA	BOXING BEGINNERS 17:00 SMALL MAT FELIPE/MACHETE/OLIVER	BOXING KIDS AGE 10-15 13:00 BAG AREA MICHA/JEPPE		
THAIBOXING BEGINNERS 18:00 BIG MAT BANG/ATHIT	THAIBOXING INTERMIDIETE 18:00 BIG MAT OLIVER	THAIBOXING BEGINNERS 18:00 BIG MAT ATHIT/OLIVER	BJJ COMPETITION 18:00 SMALL MAT TABA/PREDRAG	WRESTLING COMPETITION 17:00 BIG MAT GERRY/KEVIN	THAI ADVANCED SPARRIN 13:00 BIG MAT NAJIB/MACHETE		
BJJ FUNDAMENTALS 18:00 SMALL MAT TABA/PREDRAG	BJJ COMPETITION 18:00 SMALL MAT TABA/PREDRAG	THAIBOXING INTERMIDIETE 18:00 BAG/RING AREA BIANCA	GRAPPLING BEGINNERS 18:00 BIG MAT SEVAN/OLA	THAIBOXING BEGINNERS 18:00 BIG MAT BANG/ATHIT	<b>Address: Svetsarvägen 22, Solna Mail <a href="mailto:info@allstargym.se">info@allstargym.se</a></b>		
PHYSICALS COMPETITION 18:00 GYM/OUTSIDE VICTOR	GRAPPLING COMPETITION 19:00 SMALL MAT TABA/PREDRAG	BJJ FUNDAMENTALS 18:00 SMALL MAT TABA/PREDRAG	GRAPPLING COMPETITION 19:00 SMALL MAT TABA/PREDRAG	BJJ ALL LEVELS 18:00 SMALL MAT TABA/PREDRAG	<b>OPENING HOURS</b>		
BJJ INTERMEDIATE 19:00 SMALL MAT TABA/PREDRAG	THAIBOXING BEGINNERS 19:00 BIG MAT MIKAEL SPREITZ	PHYSICALS COMPETITION 18:00 GYM/OUTSIDE VICTOR	THAIBOXING BEGINNERS 19:00 BIG MAT MIKAEL SPREITZ	GRAPPLING ALL LEVELS 19:00 BIG MAT TABA/PREDRAG	MON-FRI 6.45 -22.00 SAT 10:00-15:00 SUNDAY 10:00-14:00		
GRAPPLING BEGINNERS 19:00 BIG MAT SEVAN/OLA	MUAY THAI COMPETITION 19:00 BAG AREA KARIM	BJJ COLORED BELTS 19:00 BIG MAT TABA/PREDRAG	MUAY THAI COMPETITION 19:00 BIG MAT/BAG AREA KARIM	MUAY THAI COMPETITION 19:00 SMALL MAT/BAG LEON	GYM ALWAYS AVAILABLE DURING OPENING HOURS		
MUAY THAI COMPETITION 19:00 RING/BAG AREA LEON		MMA BEGINNERS 19:00 BIG MAT BLND			<b>EQUIPMENT REQUIREMENT:</b>		
					THAIBOXING		Shin guard + Gloves 14oz
					BOXING	Boxing gloves 14oz	
					BJJ	GI	
					GRAPP/NO GI	Rash guard/Shorts/No pockets	
					MMA	MMA Gloves/Rash Guard/	