

<u>DAY:</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>OPEN:</u>	7:00	7:00	07:00	7:00	7:00	10:00	10:00
	THAI ALL LEVELS 7:00 JEPPE	THAI SPARR BEGINNERS 7:00 JEPPE	STRENGTH/CONDITIONING 7:00 JEPPE	GRAPPLING ALL LEVEL 7:00 JEREMIAH	THAI ALL LEVELS 7:00 JEPPE		OPEN MAT
	STRIKING PRO 9:00		STRIKING PRO 9:00		STRIKING PRO 9:00	GRAPPLING ALL LEVEL 9:00 JEREMIAH	MMA YOUTH 12:30 SMALL MAT RUDY
	MMA PRO 10:00	MMA PRO 10:00	MMA PRO 10:00	MMA PRO 10:00	MMA PRO 10:00	BJJ KIDS 4y-6y 10:00	
	BJJ ALL LEVELS 12:00 PREDRAG/TABA	THAI ALL LEVELS 12:00 JEPPE	BJJ ALL LEVELS 12:00 TABA/PREDRAG	THAI ALL LEVELS 12:00 JEPPE	GRAPPLING ALL LEVEL 12:00 SEVAN	BIANCA M.FL BJJ YOUTH 7y-14y 11:00 BIANCA M.FL	CLOSED 14:00
		BJJ DRILLS ALL LEVELS 12:00 JOEL		BJJ DRILLS ALL LEVELS 12:00 JOEL			
	MMA PRO 16:30 SMALL MAT MOMO			MMA PRO 16:30 SMALL MAT MOMO	MMA PRO INVITE 16:00 SMALL MAT MOMO	WOMEN THAIBOXING 11:00 JOSSAN/CORNELIA	
	BOXNING AVANCERAD 17:00 BAG AREA MICHA	MMA YOUTH 17:00 BAG AREA MARTIN/RUDY	BOXNING AVANCERAD 17:00 BAG AREA MICHA	THAI YOUTH 17:00 BAG/CAGE AREA OLIVER/ASTON	MMA YOUTH 16:30 CAGE AREA RUDY/MARTIN	STRENGTH/CONDITION 11:00 AMATEURS VICTOR	GEAR/EQUIPMENT FOR EACH CLASS
	THAI YOUTH 17:00 CAGE AREA ASTON/OLIVER	WRESTLING ALL LEVEL 17:00 BIG MAT ELMIR	BJJ YOUTH 7y-14y 17:00 SMALL MAT BIANCA M.FL.	WRESTLING ALL LEVEL 17:00 BIG MAT ELMIR	BOXNING AVANCERAD 17:00 BAG AREA MICHA	MMA ALL LEVELS 12:00 MUCHO	THAIBOXING: GLOVES AND SHINPADS
	MMA INTERMEDIATE 17:00 BIG MAT ELMIR	THAI INTERMEDIATE 17:00 SMALL MAT AITANA	MMA INTERMEDIATE 17:00 BIG MAT ELMIR	WOMEN THAIBOXING 18:00 BAG AREA CAMILLA/CORNELIA	THAI INTERMEDIATE 17:00 SMALL MAT OLIVER	THAIBOXING SPARR 13:00 ROBERT/MACHETE	GRAPPLING: RASHGUARD/SHORTS WITHOUT POCKETS
	BJJ BEGINNERS 18:00 SMALL MAT PREDRAG/TABA	BJJ ALL LEVELS 18:00 SMALL MAT TABA/PREDRAG	BJJ BEGINNERS 18:00 SMALL MAT PREDRAG/TABA	BJJ ALL LEVELS 18:00 SMALL MAT TABA/PREDRAG	WRESTLING ADVANCED 17:00 BIG MAT GERRY/KEVIN		BJJ: GI
	THAI BEGINNERS 18:00 BIG MAT BANG/ROBERT	MMA BEGINNERS 18:00 BIG MAT BLEND	THAI BEGINNERS 18:00 BIG MAT BANG/GABBE	MMA BEGINNERS 18:00 BIG MAT BLEND	THAI COMPETITION 18:00 BAG AREA LEON		MMA: SAME AS GRAPPLING WITH MMA GLOVES AND SHINPADS
	THAI INTERMEDIATE 18:00 BAG AREA OLIVER	BOXING BEGINNERS 18:00 BAG AREA FELIPE	THAI COMPETITION 19:00 BAG AREA LEON	THAI BEGINNERS 19:00 BIG MAT ROBERT	THAI BEGINNERS 18:00 BIG MAT BANG		MOUTHGUARD AND CUP IS RECOMMENDED
	GRAPPLING BEGINNERS 19:00 BIG MAT SEVAN	THAI BEGINNERS 19:00 BIG MAT GABBE	GRAPPLING BEGINNERS 19:00 BIG MAT SEVAN	BOXING BEGINNERS 19:00 BAG AREA FELIPE	GRAPPLING ALL LEVELS 18:00 SMALL MAT PREDRAG/TABA		ADRESS: SVETSARVÄGEN 22 17141 SOLNA CONTACT: <a href="mailto:info@allstarsgym.se">info@allstarsgym.se</a>
	BJJ COMPETITION 19:00 SMALL MAT TABA/PREDRAG	THAI COMPETITION 19:00 BAG AREA LEON	BJJ COMPETITION 19:00 SMALL MAT PREDRAG/TABA	GRAPPLING INTERMEDIATE 19:00 SMALL MAT TABA/PREDRAG	BJJ ALL LEVELS 19:00 SMALL MAT TABA/PREDRAG		
	THAI COMPETITION 19:00 BAG AREA LEON	GRAPPLING INTERMEDIATE 19:00 SMALL MAT PREDRAG/TABA		STRENGTH/CONDITION 19:00 AMATEURS VICTOR	BOXING BEGINNERS 19:00 BIG MAT FELIPE		