


MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
BOX ALL LEVELS 07:00 JEPPE	BEGINNERS SPARRING DRILLS STRIKING 07:00 JEPPE	THAIFYS ALL LEVELS 07:00 JEPPE		THAI/BOX ALL LEVELS 07:00 JEPPE		CLASS LEVELS: WHAT LEVEL IS UP TO YOU AND/OR THE COACH
	BJJ ALL LEVELS 07:00 MAREK	SCHEMA		VT 2023		RED CLASSES "PRO CLASSES". BY INVITE ONLY
PRO GROUP MMA WALL WORK 10:00	PRO GROUP MMA SPAR 10:00	PRO GRAPP DRILLS 10:00	PRO GROUP MMA SPAR 10:00	PRO GRAPP SPAR OPEN MAT 10:00	BJJ MINIKIDS 4-6 AGES 10:00 BIANCA/MANUEL/MAREK	BJJ OPEN MAT 10:00 ONLY MEMBERS
BJJ ALL LEVELS 12:00 ALAN	THAIBOXING ALL LEVELS 12:00 JEPPE	BJJ ALL LEVELS 12:00 ALAN	THAIBOXING ALL LEVELS 12:00 JEPPE	GRAPPLING ALL LEVELS 12:00 SEVAN/FELIPE	BJJ KIDS+ JUNIORS (7-9)+(10-14) AGES 11:00 BIANCA/MANUEL/MAREK	MARTIAL ARTS JUNIORS (12-15 AGE) 11:00 ADAM/OLIVER
	BJJ DRILLS 12:00 ALAN	BOXING ADVANCED SPARR 16:00 (90 min) - RING/BAGS ERIK/MICHA/ULF	BJJ DRILLS 12:00 JOEL		GIRLS MUAY THAI 11:00 JOSSE	STRKING DRILLS 12:00 ADAM
	THAIBOXING BEGINNERS 16:00 MIKAEL SPREITZ	BJJ KIDS +JUNIORS (7-9)+(10-14)AGES 17:00 BIANCA/MANUEL/MAREK	THAIBOXING BEGINNERS 16:00 MIKAEL SPREITZ	BOXING ADVANCED DRILLS 16:00 RING/BAGS ERIK/MICHA/ULF	MMA ALL LEVELS 12:00 OLA/FELIPE	
BOXING ADVANCED DRILLS 16:00 RING/BAGS MICHA/ULF	MARTIAL ARTS JUNIORS (12-15 AGE) 17:00 ADAM/OLIVER		WRESTLING ALL LEVELS 17:00 ELMIR	BOXING BEGINNERS 17:00 LEON		
MMA COMPETITION 16:30 DAVID/OLA	MUAY THAI COMPETITION 16:30 LEON	MMA COMPETITION 16:30 DAVID/OLA	BOXING BEGINNERS 17:00 FELIPE	WRESTLING COMPETITION 17:00 GERRY/KEVIN	THAI/BOX SPARRING 13:00 NAJIB/ROBERT/ADAM	
BOXING BEGINNERS 17:00 FELIPE	WRESTLING ALL LEVELS 17:00 ELMIR	THAIBOXING BEGINNERS 18:00 ATHIT/OLIVER/FELIPE	THAIBOXING ADVANCED 17:00 ROBERT/PHILIP	THAIBOXING BEGINNERS 18:00 BANG/ATHIT	Adress: Svetsarvägen 22, Solna Mail info@allstarsgym.se	
THAIBOXING BEGINNERS 18:00 BANG/ATHIT	THAIBOXING ADVANCED 18:00 BIANCA	BJJ FUNDAMENTALS 18:00 ALAN	GIRLS MUAY THAI 18:00 JOSSE/CAMILA	BJJ ALL LEVELS 18:00 ALAN	OPENING HOURS	
BJJ FUNDAMENTALS 18:00 ALAN	BJJ INTERMEDIATE 18:00 ALAN	MUAY THAI COMPETITION 19:00 LEON	BJJ INTERMEDIATE 18:00 ALAN	GRAPPLING ALL LEVELS 19:00 ALAN	MON-FRI 6.45 -22.00	
BJJ INTERMEDIATE 19:00 ALAN	GRAPP MMA PRO/BJJ COLORED BELTS 19:00 ALAN	BJJ COLORED BELTS 19:00 ALAN	MMA GRAPPLING BEGINNERS 18:00 SEVAN/FELIPE	MUAY THAI COMPETITION 19:00 LEON	SAT 10:00-15:00	
MMA GRAPPLING BEGINNERS 19:00 SEVAN	BOXING ADVANCED 19:00 JAY		GRAPP MMA PRO/BJJ COLORED BELTS 19:00 ALAN		SUNDAY 10:00-14:00	
		BOXING ALL LEVELS 20:00 ERIK/MICHA/ULF	BOXING ADVANCED 19:00 JAY		GYM ALWAYS AVAILABLE DURING OPENING HOURS	
					EQUIPMENT REQUIREMENT:	
					THAIBOXING	Shin guard + Gloves 14oz
					BOXING	Boxing gloves 14oz
					BJJ	GI
					GRAPP/NO GI	Rash guard
					MMA	MMA Gloves/Rash Guard/ Mouth guard