DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN:	7:00	7:00	07:00	7:00	7:00	10:00	10:00
	THAIBOXING ALL LEVELS 7:00 JEPPE	THAISPARR BEGINNERS 7:00 JEPPE	STRENGTH/CONDITIONING 7:00 JEPPE		THAIBOXING ALL LEVELS 7:00 JEPPE		OPEN MAT
	MMA PRO 10:00	MMA PRO 10:00	MMA PRO 10:00	MMA PRO 10:00	MMA PRO 10:00		
	BJJ ALL LEVELS 12:00 PREDRAG/TABA	THAIBOXING ALL LEVELS 12:00 JEPPE	BJJ ALL LEVELS 12:00 TABA/PREDRAG	THAIBOXING ALL LEVELS 12:00 JEPPE	GRAPPLING ALL LEVELS 12:00 SEVAN	WOMEN THAIBOXING 11:00 JOSSAN/CORNELIA	CLOSED 14:00
		BJJ DRILLS ALL LEVELS 12:00 JEPPE		BJJ DRILLS ALL LEVELS 12:00 JOEL		MMA ALL LEVELS 12:00 MUCHO	
	BOXING COMPETITION 17:00 SMALL MAT MICHA					THAI ADVANCED SPARR 13:00 MACHETE/NAJIB	
	MMA INTERMIDIETE 17:00 BIG MAT ELMIR	MMA YOUTH 7y-13y 17:00 SMALL MAT SEBBE/MATTHIEW	BOXING COMPETITION 17:00 SMALL MAT MICHA		WRESTLING COMPETITION 17:00 BIG MAT GERRY/KEVIN		
	BOXING ALL LEVELS 18:00 BAG AREA MACHETE/FELIPE	WRESTLING ALL LEVELS 17:00 BIG MAT ELMIR	MMA INTERMIDIETE 17:00 BIG MAT ELMIR	WRESTLING ALL LEVELS 17:00 BIG MAT ELMIR	BOXING COMPETITION 17:00 BAGS/SMALL MAT MICHA	GEAR/EQUIPMENT FOR EACH CLASS THAIBOXING: GLOVES 14 OZ AND SHINPADS GRAPPLING: RASHGUARD/SHORTS W/O POCKETS	
	THAIBOXING ALL LEVELS 18:00 BIG MAT ATHIT/BANG	THAIBOXING ALL LEVELS 18:00 BIG MAT OLIVER	THAIBOXING ALL LEVELS 18:00 BIG MAT ATHIT/GABBE/OLIVER	THAIBOXING ALL LEVELS 18:00 BIG MAT OLIVER	THAIBOXING ALL LEVELS 18:00 BIG MAT ATHIT/BANG	BJJ: GI BOXING: 14 OZ GLOVES MOUTHGARD AND CUP IS RECOMMENDED	
	GRAPPLING ALL LEVELS 18:00 SMALL MAT SEVAN	BOXING ALL LEVELS 18:00 SMALL MAT MACHETE/FELPIE	GRAPPLING ALL LEVELS 18:00 SMALL MAT SEVAN	BOXING ALL LEVELS 18:00 SMALL MAT MACHETE/FELIPE	MUAY THAI COMPETITION 18:00 BAG AREA LEON/OLIVER	ADRESS AND CONTACT INFO Svetsarvägen 22, 17141 Solna info@allstarsgym.se 08 31 50 23	
	BJJ ALL LEVELS 19:00 SMALL MAT PREDRAG/TABA	BJJ ALL LEVELS 19:00 BIG MAT TABA/PREDRAG	BJJ ALL LEVELS 19:00 SMALL MAT PREDRAG/TABA	BJJ ALL LEVELS 19:00 BIG MAT TABA/PREDRAG	GRAPPLING ALL LEVELS 18:00 SMALL MAT TABA/PREDRAG		
	MMA ALL LEVELS 19:00 BIG MAT BLEND	MUAY THAI COMPETITION 19:00 SMALL MAT LEON/OLIVER	MMA ALL LEVELS 19:00 BIG MAT BLEND	MUAY THAI COMPETITION 19:00 SMALL MAT LEON/OLIVER	BJJ ALL LEVELS 19:00 BIG MAT PREDRAG/TABA		
CLOSED:	21:00	21:00	21:00	21:00	21:00		