

148 LAFAYETTE STREET,  
FRONT A  
NEW YORK NY USA  
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ACADEMYFIVEPOINTS.COM/SCHEDULE  
(EFFECTIVE 3 SEPT 2019)



# CLASS SCHEDULE: FALL TERM 2019

## MUAY THAI

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30	Drills4Skills/ Steve	PadWork/ Emily	BagDrills/ Emily	PadWork/ Steve	Drills4Skills/ Simon		
8:15	PadWork/ Simon	Drills4Skills/ Emily	PadWork/ Emily	Drills4Skills/ Steve	PadWork/ Simon		
9:00						BagDrills & FightTeam/ Steve	
10:00						Fundamentals/ Gianna	
11:00						MuayThai/Steve	BagDrills/ Bruce
12:00	BagDrills/ Emily	Knee&Clinch Fundamentals/ Gio	Drills4Skills/ Steve	ThaiStyle Sparring/ Simon	PadWork/ Simon	MuayThai/Simon	PadWork/ Bruce
1:00						BagDrills/Emily Knee&Clinch Fundamentals /Jimmy	
5:00	PadWork/ Gianna	BagDrills/ Emily	Knee&Clinch Fundamentals /Gio	PadWork/ Emily	Drills4Skills/ Emily		
5:45	Knee&Clinch Fundamentals /Gio	PadWork/ Gio	PadWork/ Gio	ThaiStyle Sparring/ Gio	PadWork/ Emily		
6:30	ThaiStyle Sparring/ Steve	Drills4Skills/ Gio	PadWork/ Steve	PadWork/ Gaius	ThaiStyle Sparring/ Emily		
7:15	PadWork/ Steve	ThaiStyle Sparring/ Gio	Drills4Skills/ Steve	Knee&Clinch Fundamentals /Gio	PadWork/ Bruce		
8:00	BagDrills/ Brandice FightTeam/ Steve	PadWork/ Greg FightTeam/ Simon	BagDrills/ Cornell FightTeam/ Steve	PadWork/ Gio FightTeam/ Simon			

\*FIGHT TEAM CLASSES BY INSTRUCTOR INVITATION ONLY\*

## PEKITI TIRSIA KALI

	MON	TUE	WED	THU	FRI	SAT	SUN
10:30							PekitiTirsiaKali/ Ting
11:00						PekitiTirsiaKali/ Simon	
6:30	PekitiTirsiaKali/ Simon	PekitiTirsiaKali/ Simon	PekitiTirsiaKali/ David	PekitiTirsiaKali/ Simon			

## JUNIORS MUAY THAI AND BJJ (5-14 YEAR OLDS)

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00						Jr BJJ/ Jin	Jr Muay Thai/ Gianna
4:00	Jr BJJ-Adv'd/ Faye Jr Muay Thai/ Alma	Jr Muay Thai/ Emily	Jr BJJ/ Faye	Jr Muay Thai/ Emily	Jr BJJ/ Jin		

## BRAZILIAN JIU JITSU

	MON	TUE	WED	THU	FRI	SAT	SUN
11:30	SubGrappling AllLevels/Jin	Intermediate/ Jin	All Levels/ Jin	SubGrappling Intermediate /Jin	Intermediate/ Jin		SubGrappling Advanced/Jin
12:00						SubGrappling Fundamentals/ Jin	
1:00						Intermediate/ Jin	
2:00						Advanced/ Jin	
5:30			Fundamentals/ Jin				
6:00		SubGrappling Intermediate /Jin		SubGrappling AllLevels/Jin			
7:15	Fundamentals/ Jin		Intermediate/ Jin		SubGrappling Advanced/Jin		
8:15	Advanced/ Jin		Advanced/ Jin				

\*ALL NEW STUDENTS and WHITE BELTS SHOULD ATTEND "FUNDAMENTALS" WHENEVER POSSIBLE  
\*INRERMEEDIATE and ADVANCED CLASSES ARE OPEN TO ALL COLOURED BELTS, AND WHITE BELTS BY INSTRUCTOR INVITATION ONLY  
\*CLASSES MARKED "ALL LEVELS" ARE OPEN TO BEGINNERS BUT WILL BE CHALLENGING TO THOSE WITH LITTLE GRAPPLING EXPERIENCE

## STRENGTH AND CONDITIONING

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30		Kettlebell/ Ray		Kettlebell/ Emily			
8:15	Kettlebell/ Emily		Kettlebell/ Lindsay		Kettlebell/ Emily		
10:15						TotalCondntng/ Emily	
11:00						Vinyasa Yoga/ Emily S PrimalBarbell/ Emily	
12:00	Kettlebell/ Lindsay	TakingCareOf Business/ Emily	Kettlebell/ Emily	TakingCareOf Business/ Emily	Kettlebell/ Emily	Kettlebell/ Steve	Kettlebell/ Hannah
12:45							Direct HIIT/ Hannah
4:15	Kettlebell/ Emily	Kettlebell/ Lindsay	Kettlebell/ Steve	Kettlebell/ Lindsay	Kettlebell/ Emily		
5:45	TakingCareOf Business/ Emily	TotalCondntng/ Emily	Kettlebell/ Tom	Kettlebell/ Hannah PrimalBarbell/ Emily	PrimalBarbell/ Christy		
6:30	Kettlebell/ Emily	Kettlebell/ Emily	TakingCareOf Business/ Tom	Kettlebell/ Emily			
7:15	Vinyasa Yoga/ Emily S	TCB/Emily PrimalBarbell/ Christy	Kettlebell/ Emily	Direct HIIT/ Hannah			

## JUDO

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00							
1:00	Judo/Kevin		Judo/Marcus				
7:15		Judo/Kevin		Judo/Gali			