

Q23 ACADEMY BJJ CLASS TIMETABLE

Brazilian Jiu-Jitsu classes with ATT Black Belt Adam Shahir Kayoom

Q23 Academy
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Facebook: <http://www.facebook.com/groups/Q23BJJ/>

Enter Emporium Mall from the Phrom Pong Sky Train Station, go up escalator and then walk straight towards Greyhound Lounge Restaurant, go down escalator one floor, turn immediately to your right and follow signs to Emporium Suites. Walk past the Starbucks and turn left. Take the lift to the 8th floor, follow signs to Asia Pacific Taekwondo Academy

Monday

7-7:30pm Conditioning
7:30-8 Drilling
8-8:30 Techniques
8:30-9 Randori/ Sparring
Q23 Academy GI Class

Wednesday

7-7:30pm Conditioning
7:30-8 Drilling
8-8:30 Techniques
8:30-9 Randori/ Sparring
Q23 Academy GI Class

Friday

7-7:30pm Conditioning
7:30-8 Drilling
8-8:30 Techniques
8:30-9 Randori/ Sparring
Q23 Academy GI Class

Saturday

4 to 5pm Gi Class
5 to 6 pm Open Mat Gi/No Gi
Q23 Academy GI & No GI Class

Q23 Academy BJJ Packages

Package A

Unlimited classes in 30 days

PRICE

3,200 baht

Package B

Unlimited Classes for 3 months

9,120 Baht

5%

discount

Package C

Unlimited Classes for 6 months

17,280

baht

10%

discount

Drop in Class

500 baht

GI Rental

200 Baht

Open Mat

200 baht*

* All Packages entitle students to open mat at no extra cost

Q23 Academy Website <http://www.q23academy.com>

Q23 Academy Blog <http://q23academy.blogspot.com/>

