

Time	Monday		Time	Tuesday		Time	Wednesday		Time	Thursday		Time	Friday		Time	Saturday		Sunday					
	GYM	RING		GYM	RING		GYM	RING		GYM	RING		GYM	RING		GYM	RING						
1200 - 1230	CORPORATE TRAINING		1200 - 1230	CORPORATE TRAINING		1200 - 1230	CORPORATE TRAINING		1200 - 1230	CORPORATE TRAINING		1200 - 1230	CORPORATE TRAINING		1200 - 1230	KM 2ND LVL		GYM CLOSE					
1230 - 1300			1230 - 1300			1230 - 1300			1230 - 1300			1230 - 1300			1230 - 1300		1230 - 1300			1230 - 1300		KM 3RD LVL	
1300 - 1330			1300 - 1330			1300 - 1330			1300 - 1330			1300 - 1330			1300 - 1330		1300 - 1330			1300 - 1330		KM 1ST LVL	FT
1330 - 1400		1330 - 1400		1330 - 1400		1330 - 1400		1330 - 1400		1330 - 1400		1330 - 1400		1330 - 1400		1330 - 1400							
1400 - 1430	OPEN MAT		1400 - 1430	OPEN MAT		1400 - 1430	OPEN MAT		1400 - 1430	OPEN MAT		1400 - 1430	OPEN MAT		1400 - 1430	SPARRING SESSION							
1430 - 1500			1430 - 1500			1430 - 1500			1430 - 1500			1430 - 1500			1430 - 1500		1430 - 1500			1430 - 1500			
1500 - 1530			1500 - 1530			1500 - 1530			1500 - 1530			1500 - 1530			1500 - 1530		1500 - 1530			1500 - 1530			
1530 - 1600			1530 - 1600			1530 - 1600			1530 - 1600			1530 - 1600			1530 - 1600		1530 - 1600			1530 - 1600			
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1630 - 1700			1630 - 1700			1630 - 1700			1630 - 1700			1630 - 1700			1630 - 1700		1630 - 1700			1630 - 1700			
1700 - 1730	PRIVATE SESSIONS		1700 - 1730	PRIVATE SESSIONS		1700 - 1730	PRIVATE SESSIONS		1700 - 1730	PRIVATE SESSIONS		1700 - 1730	PRIVATE SESSIONS		1700 - 1730								
1730 - 1800			1730 - 1800			1730 - 1800			1730 - 1800			1730 - 1800			1730 - 1800		1730 - 1800		1730 - 1800				
1800 - 1830			1800 - 1830			1800 - 1830	KM 1ST LVL		1800 - 1830			1800 - 1830			1800 - 1830								
1830 - 1900		RETZEV	1830 - 1900			1830 - 1900			1830 - 1900	RETZEV	1830 - 1900			1830 - 1900									
1900 - 1930	KM 1ST LVL		1900 - 1930	MMA	KM 3RD LVL	1900 - 1930	MUAY THAI		1900 - 1930	KM 1ST LVL	RETZEV	1900 - 1930	MUAY THAI	MMA	1900 - 1930								
1930 - 2000		BOXING	1930 - 2000			1930 - 2000			1930 - 2000			1930 - 2000			1930 - 2000								
2000 - 2030			2000 - 2030			2000 - 2030		RETZEV	2000 - 2030			2000 - 2030			2000 - 2030								
2030 - 2100	MUAY THAI		2030 - 2100	BOXING	MUAY THAI	2030 - 2100			2030 - 2100	BOXING		2030 - 2100			2030 - 2100	RETZEV	BOXING						
2100 - 2130			2100 - 2130			2100 - 2130	KM 2ND LVL		2100 - 2130			2100 - 2130			2100 - 2130								
2130 - 2200	FT		2130 - 2200	FT	FT	2130 - 2200	FT	FT	2130 - 2200	FT	FT	2130 - 2200	FT	FT	2130 - 2200								

Email : queries@protect-sg.com / info@revfc.com | Sms / Whatsapp / Call (+65) 9832 3024 / 6635 8357 for bookings and enquiries

Note

- 1) All courses are eligible for all age groups and fitness level. Training is progressive in nature.
- 2) Students attending Advanced Level, please book your sessions directly with G.L via email queries@protect-sg.com or sms/call @ 8127 8628.
- 3) Time slots above are live unless otherwise announced through www.protect-sg.com , www.revfc.com OR www.facebook.com/protectsg , www.facebook.com/revfc
- 4) Protect-SG Management & REV FC Management reserves the right to change schedule and course curriculum without prior notice.
- 5) Private sessions are 1 to 1 or 1 to 2/3 students session. Private sessions are available on 5pm-6pm (Mon-Fri), 10am-12pm (Sat).
- 6) FT stands for fight team sessions. Fighter team registration is by invitation only
- 7) Open Mat timings are free-training period where members can use the training area for own personal training. (Please notify us if you are dropping by for open mat.)
- 8) Email us for corporate training rates and timings
- 9) All courses conducted by Protect-Singapore LLP (herein known as Protect-SG) and Combat-REV Pte Ltd (Herein known as REV FC) are conducted in a well padded, with relevant training / safety equipments, conducted under supervision and instruction by nationally and internationally qualified instructors.
- 10) Protect-SG and REV FC encourage students from registration, to apply for AIA Martial Art insurance to protect and insure from financial liabilities when unfortunate sporting / training injuries suffice from regular training. Protect-SG and REV FC is indemnified and will not be liable for any injuries and death caused during training.

[Link to AIA Martial Art Protector Form](#)

Our Programs

PROTECT-SINGAPORE

- KRAV MAGA (SELF DEFENSE)
- RETZEV (COMBAT&FIGHTING)
- EXECUTIVE PROTECTION COURSE
- SPECIALIST KRAV MAGA COURSE

REV FC

- MUAY THAI
- AMERICAN BOXING
- MMA (Mixed Martial Art)