

TIMETABLE GALEB BJJ GOLD COAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

Private Lesson

Adult All Levels
6:00-7:00 AM

Private Lesson

Adult All Levels
6:00-7:00 AM

Private Lesson

NO GI Rolling
8:00-9:00 AM

Adult All Levels
9:30-10:30 AM

Private Lesson

Adult All Levels
9:30-10:30 AM

Private Lesson

Adult All Levels
9:30-10:30 AM

KIDS & JUNIORS NO GI
9:00-9:40 AM

EVENING

Kids 1,2 & Junior 1
4:00-4:40pm

Kids 1 & 2
4:40-5:20 PM

Juniors 1
4:00-4:40pm

Kids 1 & 2
4:40-5:20 PM

Juniors 1 **NO GI**
4:00-4:40pm

Juniors 2 & 3
4:40-5:20 PM

BJJ Womens
5:20-6:00 PM

Juniors 2
4:40-5:20 PM

BJJ Womens
5:20-6:00 PM

Juniors 2 **NO GI**
4:40-5:20 PM

Womens **NO GI**
5:20-6:00 PM

Young Teens
5:20-6:00 PM

Junior 3
5:20-6:00 PM

Young Teens
5:20-6:00 PM

Juniors 3 **NO GI**
5:20-6:00 PM

Young Teens
5:20-6:00 PM

Fundamentals
Mat 2
6:00-7:00 PM

Adult All Levels
Mat 2
6:00-7:15 PM

Fundamentals
Mat 2
6:00-7:00 PM

Adult All Levels
Mat 2
6:00-7:15 PM

GI Rolling
6:00-7:00 PM

Advanced
Mat 1
6:00-7:15 PM

Adult No Gi
Mat 1
6:00-7:15 PM

Advanced
Mat 1
6:00-7:15 PM

Adult No Gi
Mat 1
6:00-7:15 PM