



BJJ TEAM ST.GALLEN



Dojo
Volksbadstrasse 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	18:00-19:30 Gi Masters all levels					
	19:30-21:00 NoGi Basics 	18:00-19:30 NoGi Basics 		18:00-OpenEnd Openmat (WhatsApp)		

Dojo
Schachenstrasse 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00-07:00 NoGi Drills					10:00-11:30 Openmat (WhatsApp)	09:00-10:30 Gi/NoGi Comp. Class
		12:00-13:00 NoGi Lunchclass		12:00-13:30 Gi Lunchclass		
18:50-20:20 Gi Advanced	18:00-19:30 NoGi Mixed Levels		18:30-20:00 NoGi Advanced			