



2022 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700	All Level BJJ 7:00-8:00am	Open mat 7:00-8:00am (appointment)	All Level BJJ 7:00-8:00am	Open mat 7:00-8:00am (appointment)	All Level BJJ 7:00-8:00am		
0800							
0900							
1000							
1100						Kids BJJ 10:00-11:00am	
1200						Teen BJJ 11:00-12:00pm	
1300	All Level BJJ 12:15-1:45pm	No Gi 12:15-1:45pm	All Level BJJ 12:15-1:45pm	No Gi 12:15-1:45pm	All Level BJJ 12:15-1:45pm	All Level BJJ 12:15-1:45pm	
1400							Upon request only
1500							
1600			Kids BJJ 4:00-5:00pm	Teen BJJ 4:00-5:00pm			
1700							
1800							
1900	Beginners BJJ 6:30-7:30pm	Muay Thai 6:30-7:30pm	Beginners BJJ 6:30-7:30pm	Beginners BJJ 6:30-7:30pm	Boxing 6:30-7:30pm	Close at 7pm	
2000	All Level BJJ 7:30-9:00pm	No Gi 7:45-9:15pm	All Level BJJ 7:45-9:15pm	No Gi 7:45-9:15pm	All Level BJJ 7:30-9:00pm		
2100							
2200							

Close at 10:30pm

For private training, please contact below number to discuss

*Members can join into the class anytime, and leave the class early by informing the instructor

+852 6399 4595

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10/F, 1002-1003 Room, Tung Chai Building, No.86-90 wellington street, Central

GSF ACADEMY
GRAPPLING . STRIKING . FITNESS

