

Grey Wolf Academy is open daily:

Monday through Friday from 19.00 to 20.30.

GREY WOLF						
	Mon	Tue	Wed	Thu	Fri	Sat
9.30						
10.30						
13.00						
14						
15						
16						
17						
18.00		Private KIDS			Private KIDS	
19	Advanced & Beginner Gi	Advanced & Beginner No Gi	Advanced & Beginner Gi	Advanced & Beginner No Gi	Advanced & Beginner Gi	
20- 20:30	SPARRING	SPARRING	SPARRING	SPARRING	SPARRING	

All BJJ classes are with Gi, except where specified "No Gi"

Fundamental lessons based on the construction of the foundations for the practice of BJJ, open to all belts

Advanced lessons with the study of advanced BJJ techniques, for blue, purple, brown or black belts

Beginner designed for those starting out, building movement bases and position for those starting the Jiu Jitsu journey

Competition competition-oriented high-intensity training, an adequate level of skill is required but open from the white belt onwards.

HEADQUARTERS

GreyWolf Jiu Jitsu Bergamo Academy

Sport Center, Via Stezzano, 33

Azzano San Paolo (BG) 24052