



STUNDENPLAN

MONTAG

17:00 - 17:55

BJJ Kids 4-15 J. (No-Gi)

18:00 - 18:55

BJJ Kids Competition 4-15 J.

19:00 - 19:55

BJJ (Gi)

20:00 - 20:55

BJJ (No-Gi)

MITTWOCH

17:15 - 18:10

BJJ Kids 4-7 J. (Gi)

18:15 - 19:10

BJJ Kids 8-15 J. (Gi)

19:15 - 20:10

BJJ (Gi)

20:15 - 21:10

BJJ (No-Gi)

DONNERSTAG

18:00 - 18:55

Sparring

19:00 - 19:55

Boxing

SAMSTAG

09:30 - 10:25

BJJ Kids 4-15 J. (Gi)

Gil Jitsu Academy
Halle 11
Brüggenstrasse 3
8932 Mettmenstetten



In Kontakt bleiben!

Gültig ab 06.11.2025