



STUNDENPLAN

MONTAG

17:00 - 17:55
BJJ Kids 4-15 J. (No-Gi)

18:00 - 18:55
BJJ Kids Competition 6-15 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
Drills & Sparring

19:00 - 19:55
Boxing

FREITAG

18:30 - 19:25
BJJ (Gi)

19:30 - 20:25
BJJ (No-Gi)

SAMSTAG

09:00 - 09:55
BJJ Kids 4-15 J. (Gi)

10:00 - 10:55
Open mat (Gi / No-Gi)

In Kontakt bleiben!



Gültig ab 05.01.2026