



# 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

**18:30 - 19:55**  
Drills & Sparring

## 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 09.02.2026