



KURSPLAN

MONTAG

17:00 - 17:45
BJJ Kids 1 (4-6 J.) **No-Gi**

17:45 - 18:40
BJJ Kids 2 & 3 (7-15 J.) **No-Gi**

18:45 - 19:40
BJJ Adults **Gi**

19:45 - 20:40
BJJ Adults **No-Gi**

MITTWOCH

16:45 - 17:30
BJJ Kids 1 (4-6 J.) **Gi**

17:30 - 18:15
BJJ Kids 2 (7-9 J.) **Gi**

18:15 - 19:10
BJJ Kids 3 (10-15 J.) **Gi**

19:15 - 20:10
BJJ Adults **Gi**

20:15 - 21:10
BJJ Adults **No-Gi**

DONNERSTAG

17:45 - 18:40
BJJ Kids Competition

18:45 - 19:55
Drills & Sparring Adults

FREITAG

18:45 - 19:40
BJJ Adults **Gi**

19:45 - 20:40
BJJ Adults **No-Gi**

SAMSTAG

09:00 - 09:45
BJJ Kids 1 (4-6 J.) **Gi**

9:45 - 10:40
BJJ Kids 2 & 3 (7-15 J.) **Gi**

In Kontakt bleiben!



Gültig ab 17.08.2026