



**CHECKMAT**  
**KORYO GYM**  
*Next Generation*

# BJJ DOJO BERLIN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

08:00-09:00

HOLISTIC VINYASA YOGA\*

09:10-10:00

BJJ MORNING DRILLS - GI \*

10:15-12:00

CLOSED FOR PRIVATE SESSIONS\*

12:30-14:00

MIDDAY SPARRING GI AND NOGI\*

14:00-16:00

OPEN TRAINING - MEMBERS ONLY

16:00-17:00

BJJ KIDS  
6-9 Y. OLD

BJJ KIDS  
6-9 Y. OLD

17:00-18:00

BJJ TEENS  
10-13 Y. OLD

BJJ TEENS  
10-13 Y. OLD

18:30-19:30

BJJ TEENS  
10-13 Y. OLD

19:30-21:00

BJJ  
GI

BJJ  
NoGI

BJJ  
GI

BJJ  
NoGI

BJJ  
GI

BEGINNER

INTERMEDIATE

ALL LEVELS

\* PLEASE REGISTER YOUR ATTENDANCE AT [ANMELDUNG@BJJ.BERLIN](mailto:ANMELDUNG@BJJ.BERLIN)

\*\* ALL SESSIONS ARE FOR MEMBERS ONLY.

INQUIRE AT [CHECKMAT@BJJ.BERLIN](mailto:CHECKMAT@BJJ.BERLIN) FOR A FREE TRIAL CLASS