



BJJ DOJO BERLIN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08:00-09:00		MOVEMENT*	YOGA*	MOVEMENT*	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
21:00-21:30	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING

BEGINNER

INTERMEDIATE

ALL LEVELS

* PLEASE REGISTER YOUR ATTENDANCE USING OUR **TEAMUP** CALENDAR

** ALL SESSIONS ARE FOR MEMBERS ONLY.

INQUIRE AT CHECKMAT@BJJ.BERLIN FOR A FREE TRIAL CLASS