

1. Brazilian Jiu-Jitsu Club Kurama Offenbach 2021 e.V.

Kursplan (gültig ab 01.04.2024)

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
13:00 - 14:30							Leg Locks
13:30 - 15:30						Open Mat	
16:45 - 17:15	U7 BJJ		U7 BJJ				
17:45 - 19:00	Junioren BJJ Beginner	Junioren BJJ Advanced	Junioren BJJ Beginner	Junioren BJJ Advanced	Junioren No Gi Advanced		
19:00 - 21:30		U18 / Adults BJJ Competition Class		U18 / Adults BJJ Competition Class			
19:30 - 21:30	U18 / Adults Ringen		U18 / Adults BJJ Basics		U18 / Adults BJJ Basics		