

# KUZUSHI BJJ

## TRAININGSPLAN

| MONTAG                                                                        | DIENSTAG                                                            | MITTWOCH                                                               | DONNERSTAG                                                     | FREITAG                                                       | SAMSTAG                                                      |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------|
|                                                                               |                                                                     |                                                                        |                                                                |                                                               | 09:00 - 10:00<br><b>BJJ (Gi)</b><br>Frauen                   |
| 10:00 - 11:30<br><b>BJJ (Gi / No Gi)</b><br>(Nach Absprache)                  | 10:00 - 11:30<br><b>BJJ (Gi / No Gi)</b><br>(Nach Absprache)        | 10:00 - 11:30<br><b>BJJ (Gi / No Gi)</b><br>(Nach Absprache)           | 10:00 - 11:30<br><b>BJJ (Gi / No Gi)</b><br>(Nach Absprache)   | 10:00 - 11:30<br><b>BJJ (Gi / No Gi)</b><br>(Nach Absprache)  | 10:30 - 11:30<br><b>MMA Grappling</b><br>Jugend & Erwachsene |
|                                                                               | 15:00 - 15:45<br><b>Eltern-Kind-<br/>BJJ 2 (Gi)</b><br>(3-5 J.)     |                                                                        | 15:00 - 15:45<br><b>Rangeln &amp;<br/>Raufen 2</b><br>(3-5 J.) |                                                               |                                                              |
| 15:30 - 16:15<br><b>Eltern-Kind-<br/>BJJ 1 (Gi)</b><br>(3-5 J.)               |                                                                     | 15:30 - 16:15<br><b>Wettkampf<br/>Training (Gi)</b><br>(auf Einladung) |                                                                |                                                               |                                                              |
|                                                                               | 16:00 - 16:45<br><b>BJJ (Gi)</b><br>Kids (6-8 J.)                   |                                                                        | 16:00 - 16:45<br><b>BJJ (No Gi)</b><br>Kids (6-8J.)            |                                                               |                                                              |
| 16:30 - 17:15<br><b>BJJ (Gi)</b><br>fortg. Kids (8-12 J.)<br>(nach Absprache) |                                                                     | 16:30 - 17:15<br><b>Ringen</b><br>Kids & Jugend<br>(nach Absprache)    |                                                                |                                                               |                                                              |
|                                                                               | 17:00 - 17:45<br><b>BJJ (Gi)</b><br>Kids (8-12 J.)                  |                                                                        | 17:00 - 17:45<br><b>BJJ (No Gi)</b><br>Kids (8-12 J.)          |                                                               |                                                              |
| 17:30 - 18:30<br><b>Kickboxen /<br/>MMA</b><br>Kids & Jugend (8+)             |                                                                     | 17:30 - 18:15<br><b>Kickboxen / MMA</b><br>Kids & Jugend (8+)          |                                                                |                                                               |                                                              |
|                                                                               | 18:00 - 19:15<br><b>Ringen</b><br>Jugend & Erwachsene               |                                                                        | 18:00 - 19:00<br><b>BJJ (No Gi)</b><br>Jugend, (12-18J.)       | 18:00 - 19:00<br><b>Sandsack</b><br>Jugend & Erwachsene       |                                                              |
| 18:30 - 20:00<br><b>BJJ (Gi)</b><br>Jugend & Erwachsene                       | 19:15 - 20:00<br><b>Kickboxen<br/>Pratze</b><br>Jugend & Erwachsene | 18:30 - 20:00<br><b>BJJ (Gi)</b><br>Erwachsene                         | 19:00 - 20:15<br><b>BJJ (Gi)</b><br>Jugend & Erwachsene        | 19:00 - 20:15<br><b>Kickboxen</b><br>(Wettkämpfer)            |                                                              |
|                                                                               |                                                                     |                                                                        |                                                                |                                                               |                                                              |
| 20:00 - 21:15<br><b>Kickboxen</b><br>Erwachsene                               | 20:00 - 20:45<br><b>Kickboxen</b><br>(Wettkämpfer)                  | 20:00 - 21:15<br><b>MMA</b><br>Jugend & Erwachsene                     | 20:15 - 21:15<br><b>BJJ (NoGi)</b><br>Erwachsene               | 20:15 - 21:15<br><b>BJJ (No-Gi/Gi)</b><br>Jugend & Erwachsene |                                                              |
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