

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			11:30 - 12:00 TacFit		11:30 - 13:00 Brazilian Jiu-Jitsu <small>(Anmeldung bis donnerstags, 12:00 Uhr bei Jonathan@tensho.de)</small>
18:30 - 20:00 Brazilian Jiu-Jitsu (mit Gi)	18:00 - 18:45 Tactical Gymnastic	18:00 - 18:45 Prasara Yoga Ageless Mobility	17:30 - 18:45 Brazilian Jiu-Jitsu Basic (mit Gi)	17:30 - 18:30 Open Mat	14:00 - 14:45 TacFit
	18:45 - 19:30 TacFit	18:45 - 19:30 TacFit Clubbell/ Kettlebell	18:45 - 19:30 TacFit	18:30 - 19:00 TacFit Clubbell/ Kettlebell	15:00 - 16:30 Thai-Boxen/ Sparring
20:15 - 21:00 Prasara Yoga	19:30 - 21:30 Systema Homo Ludens	19:30 - 21:00 Brazilian Jiu-Jitsu (No-Gi)	19:30 - 21:30 Systema Homo Ludens	19:00 - 20:00 Brazilian Jiu-Jitsu (No-Gi)	

ab **Januar** 2012



Tensho - Martial Arts & Fitness

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