

tensho

Brazilian Jiu-Jitsu +
Thaiboxen



Raum 1

Stresemannstraße 52
22769 Hamburg
Mobil: +49.171.6237377
E-Mail: info@tensho.de
Web: www.tensho.de

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
11:00 – 12:30 Brazilian Jiu-Jitsu (Gi)	11:00 – 12:30 Brazilian Jiu-Jitsu (No-Gi)		11:00 – 12:30 Brazilian Jiu-Jitsu (Gi)	07:00 – 8:30 Brazilian Jiu-Jitsu (No-Gi)	10:30 - 11:30 RINGEN	
				16:30 – 17:30 BJJ Kids		14:00 - 15:30 BJJ Open Mat
17:30 – 18:30 BJJ Anfänger	17:00 - 18:30 Brazilian Jiu-Jitsu (No-Gi)	17:30 – 18:30 BJJ Anfänger	17:30 - 19:00 Brazilian Jiu-Jitsu (Gi) / Judo	17:30 – 18:30 BJJ Anfänger		
18:30 – 20:00 Brazilian Jiu-Jitsu (Gi)	18:30 – 20:00 Brazilian Jiu-Jitsu (Gi)	18:30 – 20:00 Brazilian Jiu-Jitsu (Gi)		18:30 – 20:00 Brazilian Jiu-Jitsu (No-Gi)		
20:15 – 21:15 BJJ Competition Class		20:15 - 21:15 RINGEN				

Stand: August 2018

Wir bieten gerne eine kostenlose Probewoche an!

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Raum 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	9:00 – 10:00 Thaiboxen		9:00 – 10:00 Thaiboxen			
	16:45 – 17:45 BJJ Kids	17:00 - 18:15 Thaiboxen Women's only	17:30 – 18:45 Thaiboxen	16:45 – 17:45 BJJ Kids		
18:30 – 19:45 Thaiboxen				18:00 – 19:15 Thaiboxen		
20:00 - 21:00 Thaiboxen Women's only		19:45 – 21:00 Thaiboxen				