

SAMBA JIU JITSU

Náš Rozpis

| Čas | Pondělí | Úterý | Středa | Čtvrtek | Pátek | Sobota |
|-------------|---------------------|----------------------|--------------------|---------------------|---------------------|-----------------|
| 9:00-10:30 | | | | | | Jiu jitsu mixed |
| 9:00-10:30 | | | | | | Jiu jitsu 9-15 |
| 10:30-11:30 | | | | | | |
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| 16:00-16:45 | Jiu jitsu (Gi) 4-7 | Jiu jitsu (Gi) 11-14 | Grappling 8-10 let | Grappling 11-14 | Judo 8-14 let | |
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| 17:00-17:45 | Jiu jitsu (Gi) 8-10 | Kondiční 8-14 | Jiu jitsu (Gi) 4-7 | Box - Základy 8-14 | Jiu jitsu (Gi) 4-7 | |
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| 18:00-19:30 | Jiu Jitsu - Základy | Grappling | Jiu Jitsu | Grappling - Základy | Jiu Jitsu - Základy | |
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