HEARTCORE JIU JITSU

Gi | No-Gi | Kids | Valkyries | Live Sparring

YOUR WEEK ON THE MATS.

22 classes / 7 days / Gi, No-Gi, BJJ Kids & Valkyries

Monday

MORNING

07:00 - 08:30
Gi / Essentials

BJJ KIDS

16:50 - 17:45
Power Particles
Ages 11–14

EVENING

18:00 - 19:00
Gi / Foundations

18:00 - 19:30
Gi / Advanced

Tuesday

MORNING

07:00 - 08:30
No-Gi / Essentials

BJJ KIDS

16:55 - 17:45
Little Particles
Ages 6–10

EVENING

18:00 - 19:30
No-Gi / Essentials

18:00 - 19:30
No-Gi / Teenage-Mutant-Ninja-Particles
Ages 14–16
Invite only

Wednesday

MORNING

07:00 - 08:30
Gi / Essentials

BJJ KIDS

16:50 - 17:45
Power Particles
Ages 11–14

EVENING

18:00 - 19:30
Gi / Essentials

Thursday

MORNING

07:00 - 08:30
No-Gi / Essentials

BJJ KIDS

16:00 - 16:45
Tiny Particles
Ages 3–5

16:55 - 17:45
Little Particles
Ages 6–10

EVENING

18:00 - 19:00
No-Gi / Foundations

18:00 - 19:30
No-Gi / Advanced

Friday

MORNING

07:00 - 08:30
Gi / Essentials

BJJ KIDS

16:50 - 17:45
Power Particles
Ages 11–14

EVENING

18:00 - 19:30
Gi / Essentials

Saturday

MORNING

09:00 - 11:00
Live Sparring
on demand

11:30 - 13:00
Women only / Valkyries

Sunday

MORNING

09:00 - 11:00
Live Sparring
on demand

Mon & Thu: Foundations and Advanced run at the same time.
Tue: Teenage-Mutant-Ninja-Particles and No-Gi Essentials run in parallel.

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heartcorejiujitsu.at