









































NINJUTSU AKADEMIE HAMBURG

STUNDENPLAN



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:30 - 08:30	BASIC 	ADVANCED 	BASIC 	BASIC 	BASIC & ADVANCED 		
10:00 - 11:00	ADVANCED 	BASIC 	BASIC 	ADVANCED 	BASIC 		
11:00 - 12:00	OPEN MAT 	OPEN MAT 	OPEN MAT 	OPEN MAT 	BODEN 		NINJUTSU KIDS 
17:00 - 18:00	NINJUTSU KIDS 	NINJUTSU KIDS 	NINJUTSU KIDS 	NINJUTSU KIDS 			WAFFEN 
18:00 - 19:00	BASIC 	ADVANCED 	BASIC 	BASIC 			BASIC & ADVANCED 
19:00 - 20:00	ADVANCED 	BASIC 	BASIC & ADVANCED 	BASIC & ADVANCED 			GRACIE GARAGE/ JIU JITSU 
20:00 - 21:00	MMA/THAI 	THAI/KICKBOXEN  MMA GIRLS 	MMA/THAI 	NINJUTSU DRILLS 			YOGA 

 Weiß- bis Orangegurt

 Grün- bis Schwarzgurt

 Frauentraining

 Little Ninja, Junior Ninja

 Frei für Alle (YOGA inklusive Lebenspartner)