Jiu-Jitsu
ACADEMY ZUERICH

Monthly Schedule/Monatsplan

Month/Monat	Nov-26		
Gi/No Gi	No Gi	**Gi:** Jan, Feb, Apr, Mai, Sep, Okt	No Gi: Mar, Jun, Jul, Aug, Nov, Dez
Focus/Fokus Adv.	Side mount		

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
11/2/2026	Monday/Montag	Fundamentals	1	Richie	
11/3/2026	Tuesday/Dienstag	Advanced - Program 3	10	Marcel	High-low escape counters - slice 3 (with gi)
11/4/2026	Wednesday/Mittwoch	Fundamentals	9	Dani	
11/5/2026	Thursday/Donnerstag	Advanced - Program 3	10	Marco	High-low escape counters - drilling/sparring (with gi)
11/6/2026	Friday/Freitag	---	---	No class	
11/7/2026	Saturday/Samstag	Jr. Fundamentals (Kids)	12	Donal, Victor	
		Fundamentals	17	Dani	
11/9/2026	Monday/Montag	Fundamentals	2	Dani	
11/10/2026	Tuesday/Dienstag	Advanced - Program 3	--	Victor	Open mat/sparring (all levels)
11/11/2026	Wednesday/Mittwoch	Fundamentals	10	Dani	
11/12/2026	Thursday/Donnerstag	Advanced - Program 3	--	Dani	Striking (all levels)
11/13/2026	Friday/Freitag	---	---	No class	
11/14/2026	Saturday/Samstag	Jr. Fundamentals (Kids)	13	Donal, Victor	
		Fundamentals	18	Philipp L.	
11/16/2026	Monday/Montag	Fundamentals	3	Richie	
11/17/2026	Tuesday/Dienstag	Advanced - Program 3	11	Dani	Back door escape - slice 1
11/18/2026	Wednesday/Mittwoch	Fundamentals	11	Fritz	
11/19/2026	Thursday/Donnerstag	Advanced - Program 3	11	Marco	Back door escape - slice 2
11/20/2026	Friday/Freitag	---	---	No class	
11/21/2026	Saturday/Samstag	Jr. Fundamentals (Kids)	14	Donal, Victor	
		Fundamentals	19	Philipp L.	
11/23/2026	Monday/Montag	Fundamentals	4	Marco	
11/24/2026	Tuesday/Dienstag	Advanced - Program 3	11	Victor	Back door escape - slice 3
11/25/2026	Wednesday/Mittwoch	Fundamentals	12	Fritz	
11/26/2026	Thursday/Donnerstag	Advanced - Program 3	11	Dani	Back door exscape - drilling/sparring
11/27/2026	Friday/Freitag	---	---	No class	
11/28/2026	Saturday/Samstag	Jr. Fundamentals (Kids)	15	Donal, Victor	
		Fundamentals	20	Philipp L.	
11/30/2026	Monday/Montag	Fundamentals	5	Fritz	
12/1/2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Striking (all levels)
12/2/2026	Wednesday/Mittwoch	Fundamentals	13	Richie	
12/3/2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Open mat/sparring (all levels)
12/4/2026	Friday/Freitag	---	---	No class	
12/5/2026	Saturday/Samstag	Jr. Fundamentals (Kids)	16	Victor, Dani	
		Fundamentals	21	Philipp L.	