



Kursplan Spitfire Gym ab 01.08.2022

MONTAG		DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG		SONNTAG	
Fläche 1	Fläche 2	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 1	Fläche 2
BJJ & No-Gi 7:00 – 08:30	Thaiboxing all Levels 08:00 – 09:00				BJJ & No-Gi 7:00 – 08:30	Thaiboxing all Levels 08:00 – 09:00					BJJ & No-Gi 7:00 – 08:30						
No-Gi 10:30-12:00	Kickboxing Conditioning 11:00 – 12:00	No-Gi 10:30-12:00	Kickboxing all levels 10:00 – 11:00 MMA Basic 11:00 – 12:00		No-Gi 10:30-12:00	Thaiboxing all levels 10:30 – 12:00		No-Gi 10:30-12:00	Kickboxing all levels 10:00 – 11:00 MMA Basic 11:00 – 12:00		No-Gi 10:30-12:00	Thaiboxing all levels 10:30 – 12:00		BJJ Frauen 10:30 – 11:30	Kickboxing Kids 11:00 – 12:00	Ringen Kids 11:00 – 12:00	
BJJ 12:00 – 13:30	MMA Competition 12:00– 13:30	BJJ 12:00-13:30	MMA Competition 12:00– 13:30		BJJ 12:00 – 13:30	MMA Competition 12:00– 13:30		BJJ 12:00 – 13:30	MMA Competition 12:00– 13:30		BJJ 12:00 – 13:30	MMA Competition 12:00– 13:30		BJJ Kids & Adults 11:30 – 13:00	Kickboxing all levels 12:00 – 13:00	MMA Basic 12:00 – 13:00	MMA Jugendliche 12:00 – 13:00
														MMA Comp. Sparring 13:00 – 14:00	MMA Basic Sparring (no beginners) 13:00 – 14:00	Ringen 13:00 – 14:00	
															13:00 – 14:00		
															Thaiboxing Frauen 14:00 – 15:00		
															Thaib./Kickb. Comp. Training 15:00-16:00		
		BJJ Mini 16:15 – 17:00	Thaiboxing Basic 16:30 – 17:30			Thaiboxing Frauen 16:30 – 17:30		BJJ Mini 16:15 – 17:00	Kickb./Thai. Basic Sparring 16:30 – 17:30			Boxing Sparring 16:30 – 17:30	No-Gi Leglocks 17:00 – 18:00				
No-Gi Leglocks 17:00 – 18:00	MMA Jugendliche 16:30 – 17:30	BJJ Kids 17:00 – 18:00	Kickboxing Kids 17:30 – 18:30		Ringen Kids 17:00 – 18:00	MMA Basic 17:30 – 18:30	Strength & Conditioning 17:30 – 18:30	BJJ Kids 17:00 – 18:00	Kickboxing Kids 17:30 – 18:30		Ringen Frauen 17:00 – 18:00	MMA Basic 17:30 – 18:30					
No-Gi /Judo Fundamentals 18:00 – 19:00	Boxing 17:30 – 18:30	BJJ /No-Gi Beginners 18:00 – 19:00	Boxing 18:30 – 19:30		Ringen 18:00 – 19:00	Kickboxing all Levels 18:30 – 19:30		MMA Jugendliche 18:00 – 19:00	MMA PRO ONLY 18:30 – 19:30		Ringen 18:00 – 19:00	Thaiboxing Basic 18:30 – 19:30					
BJJ & No-Gi Competition Training 19:00 – 20:00	MMA Basic 18:30 – 19:30	BJJ Fundamentals 19:00 – 20:00	Kickboxing Adv.+Pro MMA Striking Comp. 19:30 – 21:00		No-Gi Fundamentals 19:00 – 20:00	Boxing 19:30 – 20:30	MMA Competition 19:00– 21:00	BJJ Fundamentals 19:00 – 20:00	MMA PRO ONLY 18:30-20:00	Strength & Conditioning 19:30 – 20:30	BJJ & No-Gi Comp.Training (Open-Mat) 19:00-20:00	MMA Competition 19:30 – 20:30					
MMA Competition 19:30 – 21:00	Kickboxing Basic 19:30 – 20:45	BJJ & No-Gi Competition Training 20:00 – 21:00			BJJ & No-Gi Competition 20:00 – 21:00			BJJ & No-Gi Competition Training 20:00 – 21:00	Kickb./Thai. Advanced Sparring 20:00-21:00	Stretching & Mobility 20:30 – 21:00							