Kursplan Spitfire Gym ab 19.12.2022

SPITFIRE GYM

MONTAG

Fläche 1
- BJJ & No-Gi 7:00 – 08:30
- No-Gi 10:00-11:30
- BJJ Gi 11:30 – 13:00
- No-Gi Leglocks 17:00 – 18:00
- No-Gi / Judo Fundamentals 18:00 – 19:00
- BJJ & No-Gi Competition Training 19:00 – 20:00
- MMA Competition (only competitors) 19:30– 21:00

Fläche 2
- Thaiboxing all Levels 08:00 – 09:00
- Kickboxing Conditioning 10:00 – 11:00
- MMACompetition (only competitors) 11:00– 12:30
- MMA Jugendliche 16:30 – 17:30
- Boxing 17:30 – 18:30
- Kickboxing Basic 18:30 – 19:30
- MMA Basic 19:30 – 20:45

DIENSTAG

Fläche 1
- No-Gi 10:30-12:00
- BJJ Gi 12:00-13:30
- BJJ Mini 16:15 – 17:00
- BJJ Kids 17:00 – 18:00
- BJJ /No-Gi Beginners 18:00 – 19:00
- BJJ Gi Fundamentals 19:00 – 20:00
- BJJ & No-Gi Competition Training 20:00 – 21:00

Fläche 2
- Kickboxing all levels 10:00 – 11:00
- MMA Basic 11:00 – 12:00
- MMA Competition (only competitors) 12:00– 13:30
- Thaiboxing Basic 16:30 – 17:30
- Kickboxing Kids 17:30 – 18:30
- Boxing 18:30 – 19:30
- Kickboxing Adv.+Pro MMA Striking Comp. SPARRING 19:30 – 21:00

Fläche 3

MITTWOCH

Fläche 1
- BJJ & No-Gi 7:00 – 08:30
- No-Gi 10:30-12:00
- BJJ Gi 12:00 – 13:30
- Ringen Kids 17:00 – 18:00
- Ringen 18:00 – 19:00
- No-Gi Fundamentals 19:00 – 20:00
- BJJ & No-Gi Competition Training 20:00 – 21:00

Fläche 2
- Thaiboxing all Levels 08:00 – 09:00
- Thaiboxing all levels 10:30 – 12:00
- MMA Competition (only competitors) 12:00– 13:30
- Thaiboxing Frauen 16:30 – 17:30
- MMA Basic 17:30 – 18:30
- Kickboxing all Levels 18:30 – 19:30
- Boxing 19:30 – 20:30

Fläche 3
- Strength & Conditioning 17:30 – 18:30
- MMA Competition (only competitors) 19:00– 21:00

DONNERSTAG

Fläche 1
- No-Gi 10:30-12:00
- BJJ Gi 12:00 – 13:30
- BJJ Mini 16:15 – 17:00
- BJJ Kids 17:00 – 18:00
- MMA Jugendliche 18:00 – 19:00
- BJJ Gi Fundamentals 19:00 – 20:00
- BJJ & No-Gi Competition Training 20:00 – 21:00

Fläche 2
- Kickboxing all levels (Sparring) 10:00 – 11:00
- MMA Basic 11:00 – 12:00
- MMA Competition (only competitors) 12:00– 13:30
- Kickb./Thaib. Basic Sparring 16:30 – 17:30
- Kickboxing Kids 17:30 – 18:30
- MMA Competition 18:30 – 19:30
- MMA Basic 19:30 – 21:00

Fläche 3
- Strength & Conditioning 19:30 – 20:30

FREITAG

Fläche 1
- BJJ & No-Gi 7:00 – 08:30
- No-Gi 10:30-12:00
- BJJ Gi 12:00 – 13:30
- Ringen Kids 17:00 – 18:00
- Ringen 18:00 – 19:00
- BJJ & No Gi Comp.Training (Open-Mat) 19:00-20:00

Fläche 2
- Thaiboxing all levels 10:30 – 12:00
- MMA Competition (only competitors) 12:00– 13:30
- Boxing Sparring 16:30 – 17:30
- MMA Basic 17:30 – 18:30
- Thaiboxing Basic 18:30 – 19:30
- MMACompetition (only competitors) 19:30 – 20:30

Fläche 3
- No-Gi Leglocks 17:00 – 18:00

SAMSTAG

Fläche 1
- BJJ Frauen 10:30 – 11:30
- BJJ Adults & Kids 11:30 – 13:00
- MMA Competition (only competitors)
- Sparring 13:00 – 15:00

Fläche 2
- Kickboxing Kids 11:00 – 12:00
- Kickboxing all levels 12:00 – 13:00
- MMA Basic Sparring (no beginners) 13:00 – 14:00
- Thaiboxing Frauen 14:00 – 15:00
- Thaib./Kickb. Comp. Training 15:00-16:00

SONNTAG

Fläche 1
- Ringen Kids 11:00 – 12:00
- MMA Basic 12:00 – 13:00
- Ringen 13:00 – 14:00

Fläche 2
- Kickboxing Basic 11:00 – 12:00
- MMA Jugendliche 12:00 – 13:00
- MMA Frauen 13:00 – 14:00