Kursplan Spitfire Gym ab 01.05.2023

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					BJJ & No-Gi 7:00 – 08:30						BJJ & No-Gi 7:00 – 08:30						
	Thaiboxing all Levels 08:00 – 09:00					Thaiboxing all Levels 08:00 – 09:00											
	Kickboxing Conditioning 09:00 – 10:00																
No-Gi 10:00-11:30	Kickboxing all levels 10:00 – 11:00		Kickboxing all levels 10:00 – 11:00						Boxing 10:00 – 11:00						Kickboxing Kids 10:00 – 11:00		
BJJ Gi 11:30 – 13:00	MMA Competition (only competitors) 11:00– 12:30	No-Gi 10:30-12:00	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	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 Jugendliche 11:00 – 12:00	Ringen Minis, Kids,Jugendlich. 11:00 – 12:00	Kickboxing Basic 11:00 – 12:00
		BJJ Gi 12:00-13:30	MMA Competition (only competitors) 12:00– 13:30		BJJ Gi 12:00 – 13:30	MMA Competition (only competitors) 12:00– 13:30		BJJ Gi 12:00 – 13:30	MMA Competition (only competitors) 12:00– 13:30		BJJ Gi 12:00 – 13:30	MMA Competition (only competitors) 12:00– 13:30		BJJ Adults & Kids 11:30 – 13:00	Kickboxing all levels 12:00 – 13:00	MMA Basic 12:00 – 13:00	MMA Jugendliche 12:00 – 13:00
														MMA Competition (only competitors)	MMA Basic Sparring (no beginners)	Ringen 13:00 – 14:00	MMA Frauen 13:00 – 14:00
														Sparring 13:00 – 15:00	13:00 – 14:00 Boxing Frauen 14:00 – 15:00		
															Thaib./Kickb. Comp. Training 15:00-16:00		
	MMA Jugendliche 16:30 – 17:30	BJJ Minis 16:15 – 17:00	Thaiboxing Basic 16:30 – 17:30			Thaiboxing Frauen 16:30 – 17:30		BJJ Mini 16:15 – 17:00	Kickboxing Kids 16:30 – 17:30			Boxing Sparring 16:30 – 17:30					
No-Gi Leglocks 17:00 – 18:00	Boxing 17:30 – 18:30	BJJ Kids 17:00 – 18:00	Kickboxing Jugendliche 17:30 – 18:30		Ringen Minis, Kids,Jugendliche 17:00 – 18:00	MMA Basic 17:30 – 18:30	Strength & Conditioning 17:30 – 18:30	BJJ Kids 17:00 – 18:00	Kickb./Thaib. Basic Sparring 17:30 – 18:30		Ringen Minis, Kids,Jugendliche 17:00 – 18:00	MMA Basic 17:30 – 18:30	No-Gi Leglocks 17:00 – 18:00				
No-Gi / Judo Fundamentals 18:00 – 19:00	Kickboxing Basic 18:30 – 19:30	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 Competition 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 19:30 – 20:45	BJJ Gi Fundamentals 19:00 – 20:00	Kickboxing Adv.+Pro MMA Striking Comp. SPARRING 19:30 – 21:00		No-Gi Fundamentals 19:00 – 20:00	Boxing 19:30 – 20:30	MMA Competition (only competitors) 19:00– 21:00	BJJ Gi Fundamentals 19:00 – 20:00	MMA Basic 19:30 – 21:00	Strength & Conditioning 19:30 – 20:30	BJJ & No Gi Comp.Training (Open-Mat) 19:00-20:00	MMA Competition (only competitors) 19:30 – 20:30					
MMA Competition (only competitors) 19:30– 21:00		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									

Minis: 4-8 Jahre

Kids: 8-12 Jahre

Jugendliche: 12-15 Jahre