



MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG		SONNTAG		
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 3	Fläche 1	Fläche 2	Fläche 1	Fläche 2	
BJJ & No-Gi 7:00 – 08:15	Thaiboxing all Levels 08:00 – 09:00					BJJ & No-Gi 7:00 – 08:15	Thaiboxing all Levels 08:00 – 09:00					BJJ & No-Gi 7:00 – 08:15							
	Kickboxing Conditioning 09:00 – 10:00		Submission Wrestling 9:30-10:30	Kickboxing all levels 10:00 – 11:00					Submission Wrestling 9:30-10:30	Boxing 10:00 – 11:00						Kickboxing Kids 10:00 – 11:00			
No-Gi 10:00-11:30	Kickboxing all levels 10:00 – 11:00	MMA Competition (only competitors)	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		Thaib./Kickb. SPARRING 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 11:30 – 13:00			BJJ Gi 12:00-13:30	MMA Competition (only competitors)		BJJ Gi 12:00 – 13:30	MMA Competition (only competitors)		BJJ Gi 12:00 – 13:30	MMA Competition (only competitors)		BJJ Gi 12:00 – 13:30	MMA Competition (only competitors)		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	
				12:00 – 13:30			12:00 – 13:30			12:00 – 13:30			12:00 – 13:30		MMA Competition (only competitors)	MMA Basic Sparring (no beginners)	Ringen 13:00 – 14:00	Boxing Women 13:00 – 14:00	
															Sparring	MMA Women 14:00 – 15:00			
															13:00 – 15:00				
			BJJ Minis 16:15 – 17:00	Thaiboxing Basic 16:30 – 17:30		Kickboxing Jugendliche 16:00 – 17:00	Thaiboxing Women 16:30 – 17:30		BJJ Mini 16:15 – 17:00	Kickboxing Kids 16:30 – 17:30		Ringen Minis, Kids Jugendliche 17:00 – 18:00	Boxing Sparring 16:30 – 17:30	No-Gi Leglocks 17:00 – 18:00					
No-Gi Leglocks 17:00 – 18:00	Boxing 17:30 – 18:30		BJJ & No-Gi Kids & Jugendliche 17:00 – 18:00	Kickboxing Jugendliche 17:30 – 18:30		Ringen Minis, Kids Jugendliche 17:00 – 18:00	MMA Basic 17:30 – 18:30		BJJ & No-Gi Kids & Jugendliche 17:00 – 18:00	Kickb./Thaib. Basic Sparring 17:30 – 18:30		Ringen 18:00 – 19:00	MMA Basic 17:30 – 18:30						
BJJ & No-Gi Takedowns 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		BJJ & No-Gi Beginners 18:00 – 19:00	Thaiboxing Basic 18:30 – 19:30						
No-Gi Advanced 19:00 – 20:30			BJJ Advanced 19:00 – 20:30	MMA Comp. Striking SPARRING		BJJ & No-Gi Beginners 19:00 – 20:00	Boxing 19:30 – 20:30		BJJ & No-Gi Beginners 19:00 – 20:00	MMA Basic 19:30 – 21:00		BJJ & No-Gi Comp.Training (Open-Mat) 19:00-20:00	MMA Competition (only competitors) 19:30 – 20:30						
MMA Competition (only competitors) 19:00 – 20:30	MMA Basic 19:30 – 20:45			19:30 – 21:00		No-Gi Advanced 20:00 – 21:00			BJJ Advanced 20:00 – 21:00										
							MMA Competition (only competitors) 19:00 – 21:00												

Minis: 4-8 Jahre
 Kids: 8-12 Jahre
 Jugendliche: 12-15 Jahre