



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	Thalboxing all Levels 08:00 – 09:00					BJJ & No-Gi 7:00 – 08:15	Thalboxing all Levels 08:00 – 09:00					BJJ & No-Gi 7:00 – 08:15						
Ringen 09:00 – 10:00	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				MMA Competition 10:00 – 11:30	Thalbox/Kickb. SPARRING Advanced	Kickboxing Kids 10:00 – 11:00		
No-Gi 10:00-11:30	Kickboxing all levels 10:00 – 11:00		No-Gi 10:30-12:00	MMA Basic 11:00 – 12:00		No-Gi 10:30-12:00	Thalboxing all levels 10:30 – 12:00		No-Gi 10:30-12:00	MMA Basic 11:00 – 12:00		No-Gi 10:30-12:00	Thalboxing all levels 10:30 – 12:00		MMA Competition 10:30-11:30	MMA Women 11:00-12:00	Ringen Minis, Kids,Jugendlich 11:00 – 12:00	Kickboxing Basic 11:00 – 12:00
BJJ Gi 11:30 – 13:00	MMACompetition (only competitors) 11:00 – 12:30		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 Gi 12:00 – 13:30			BJJ Adults & Kids 11:30 – 13:00	Kickboxing Jugendliche 12:00 – 13:00	MMA Basic 12:00 – 13:00	MMA Jugendliche 12:00 – 13:00
															MMA Competition Sparring 13:00 – 14:00	MMA Basic Sparring (no beginners) 13:00 – 14:00	Ringen 13:00 – 14:00	Boxing Women 13:00 – 14:00
															Only competitors 13:00 – 15:00			
Ringen 16:00 – 17:00	MMA Jugendliche 16:30 – 17:30		BJJ Minis 16:15 – 17:00	Boxing 16:30 – 17:30		Ringen Minis + Kids 16:15 – 17:00	Thalboxing Women 16:30 – 17:30		BJJ Mini 16:15 – 17:00	Kickboxing Kids 16:30 – 17:30		Ringen Minis + Kids 16:00 – 17:00	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 Jugendliche 17:00 – 18:00	Kickboxing all Levels 17:30 – 18:30	Strength & Conditioning 17:30 – 18:30	BJJ & No-Gi Kids & Jugendliche 17:00 – 18:00	Kickb/Thalb. Basic Sparring 17:30 – 18:30		Ringen Jugendliche 17:00 – 18:00	MMA Basic 17:30 – 18:30					
BJJ & No-Gi Takedown 18:00 – 19:00	Kickboxing Basic 18:30 – 19:30		BJJ & No-Gi Beginners 18:00 – 19:00	Thalboxing Basic 18:30 – 19:30		Ringen 18:00 – 19:00	MMA Basic 18:30 – 19:30		MMA Jugendliche 18:00 – 19:00	MMA Competition 18:30 – 19:30		Ringen 18:00 – 19:00	MMA Basic 18:30 – 19:30					
No-Gi Advanced 19:00 – 20:30			BJJ Advanced 19:00 – 20:30	MMA Comp. Striking 19:30 – 21:00		BJJ & No-Gi Beginners 19:00 – 20:00	Boxing 19:30 – 20:30	MMA Competition (only competitors) 19:00 – 21:00	BJJ & No-Gi Beginners 19:00 – 20:00	MMA Basic 18:30 – 19:30	Strength & Conditioning 19:30 – 20:30	BJJ & No-Gi Comp.Training (Open-Mat) 19:00-20:00	MMACompetition (only competitors) 19:30 – 20:30					
MMA Competition (only competitors) 19:00 – 20:30						No-Gi Advanced 20:00 – 21:00			BJJ Advanced 20:00 – 21:00									

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