

Gültig ab 02.04.2024



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						BJJ & No-Gi 7:00 – 08:15	Thaiboxing all Levels 08:00 – 09:00					BJJ & No-Gi 7:00 – 08:15						
	Thaiboxing Basic 09:00 – 10:00																	
No-Gi 10:00-11:30	MMACompetition (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 Advanced 10:30-11:30	Kickboxing Kids 10:00 – 11:00	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) 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 <i>Only competitors</i>	MMA Basic Sparring (no beginners) 13:00 – 14:00	Ringen 13:00 – 14:00	
Ringen 17:00 – 18:00	MMA Jugendliche 16:30 – 17:30		BJJ Minis 16:15 – 17:00	Kickboxing Jugendliche 16:30 – 17:30		Ringen Minis + Kids 16:00 – 17:00	Thaiboxing Women 16:00 – 17:00	Strength & Conditioning 17:00 – 18:00	BJJ Minis 16:15 – 17:00	Kickboxing Kids 16:30 – 17:30		Ringen Minis + Kids 16:00 – 17:00	Thaiboxing Basic 16:30 – 17:30		Ringen Jugendliche 17:00 – 18:00	MMA Basic 17:30 – 18:30		
BJJ & No-Gi Takedowns 18:00 – 19:00	Kickboxing Basic 17:30 – 18:30		BJJ Advanced 18:00 – 19:30	Thaiboxing Basic 18:30 – 19:30		Ringen 18:00 – 19:00	MMA Basic 18:30 – 19:30		MMA Jugendliche 18:00 – 19:00	Kickb./Thaib. Basic Sparring 17:30 – 18:30		Ringen 18:00 – 19:00	MMA Competition only 18:30 – 19:30		BJJ & No-Gi Comp.Training (Open-Mat) 19:00-20:00	Boxing Sparring 19:30 – 20:30		
No-Gi Advanced 19:00 – 20:30	MMA Basic 18:30 – 19:45	MMA Competition (only competitors) 19:00 – 20:30	BJJ & No-Gi Beginners 19:30 – 20:45	MMA Comp. Striking SPARRING (ONLY COMPETITORS) 19:30 – 21:00		BJJ & No-Gi Beginners 19:00 – 20:00	Boxing 19:30 – 20:30	MMA Competition (only competitors) 19:00 – 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						
	Boxing 19:45 – 20:45					No-Gi Advanced 20:00 – 21:00			BJJ Advanced 20:00 – 21:00									

Minis: 4-8 Jahre  
 Kids: 8-12 Jahre  
 Jugendl.: 12-15 Jahre