



Gültig ab 28.05.2024

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						BJJ & No-Gi 7:00 – 08:15						
No-Gi 10:00-11:30	MMA Basic 10:00 – 11:00			Kickboxing all levels 10:00 – 11:00		No-Gi 10:30-12:00	Thaiboxing all levels 11:00-12:00		No-Gi 10:30-12:00	Boxing 10:00 – 11:00		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		
	MMA Competition (only competitors)		No-Gi 10:30-12:00							Kickboxing all Levels 11:00 – 12:00					MMA Women 11:00 – 12:00	Ringen Minis, Kids, JugendlCh. 11:00 – 12:00	Kickboxing Basic 11:00 – 12:00	
BJJ Gi 11:30 – 13:00	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	
															Only competitors 13:00 – 14:30			
Ringen 17:00 – 18:00	MMA Jugendliche 16:30 – 17:30		BJJ Minis 16:15 – 17:00	Kickboxing Jugendliche 16:30 – 17:30		Ringen 16:00 – 17:00	Thaiboxing Women 16:00 – 17:00		BJJ Mini 16:15 – 17:00	Kickboxing Kids 16:30 – 17:30		Ringen 16:00 – 17:00	Thaiboxing Kids 16:30 – 17:30		Ringen 16:00 – 17:00	MMA Basic 16:30 – 17:30		
BJJ & No-Gi Takedowns 18:00 – 19:00	Kickboxing Basic 17:30 – 18:30		BJJ & No-Gi Kids & Jugendliche 17:00 – 18:00	Boxing 17:30 – 18:30		Ringen 17:00 – 18:00	Kickboxing all Levels 17:00 – 18:30		BJJ & No-Gi Kids & Jugendliche 17:00 – 18:00	Kickb./Thaib. Basic Sparring 17:30 – 18:30		Ringen 17:00 – 18:00	MMA Competition 17:30 – 18:30		Ringen 18:00 – 19:00	MMA Competition only 17:30 – 18:30		
No-Gi Advanced 19:00 – 20:30	MMA Basic 18:30 – 19:45	MMA Competition (only competitors) 19:00-20:30	BJJ Advanced 18:00 – 19:30	Thaiboxing Basic 18:30 – 19:30		BJJ & No-Gi Engineers 19:00 – 20:00	MMA Basic 18:30 – 19:30		BJJ & No-Gi Engineers 19:00 – 20:00	MMA Competition 18:30 – 19:30		BJJ & No-Gi Comp.Training (Open-Mat) 19:00-20:00	MMA Competition only 18:30 – 19:30					
	Boxing 19:45 – 20:45		BJJ & No-Gi Beginners 19:30 – 20:45	MMA Comp. SPARRING (ONLY COMPETITORS) BIG GLOVES 19:30 – 21:00		No-Gi Advanced 20:00 – 21:00	Boxing 19:30 – 20:30	MMA Competition (only competitors) 19:00 – 20:30	BJJ Advanced 20:00 – 21:00	MMA Basic 19:30 – 21:00			Boxing Sparring 19:30 – 20:30					