

Kursplan SportRa Dym ab 09.10.2024

MONTAG				DIENSTAG				MITTWOCH				DONNERSTAG				FREITAG				SAMSTAG				SONNTAG			
Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4
		Biking All Level 09:00-10:30	MMA Basics Grapping 09:30-10:30																								
No GI All Level 10:00-11:00	Ringen All Level 10:15-11:45	Thiboxing All Level 10:30-12:00	MMA Competition 10:30-11:30	No GI All Level 10:30-11:00	Ringen All Level 10:15-11:45	Biking All Level 10:30-11:30	MMA Competition 10:30-11:30	No GI All Level 10:00-11:30	Ringen All Level 10:15-11:45	Thiboxing All Level 10:30-12:00	MMA Competition 10:30-11:30	No GI All Level 10:30-11:00	Ringen All Level 10:15-11:45	Biking All Level 10:30-11:30	MMA Competition 10:30-11:30	BJJ All Level 10:00-11:30	Ringen All Level 10:15-11:45	Kickboxing All Level 10:30-12:00	MMA Competition 10:30-11:30	BJJ No GI All Level 10:30-12:00 (Auf Matte 1 und 6)	Ringen Kickboxing Jugendliche 11:15-12:45	Thiboxing Jugendliche 10:30-11:30	MMA Competition 11:45-12:45				
BJJ All Level 11:30-13:00				BJJ All Level 11:00-12:30	Kickboxing All Level 11:30-12:30			BJJ All Level 11:30-13:00				BJJ All Level 11:00-12:30				No GI All Level 11:30-13:00			MMA Basics Grapping 11:30-12:45	MMA Competition Sparring 13:00-14:15	Ringen Kickboxing Jugendliche 11:15-12:45	Thiboxing Kickboxing Advanced Sparring 12:30-13:00	MMA Basics Sparring 11:45-12:45				
No GI Fundamentals 17:00-18:00	Ringen Kids Jugendliche 16:30-17:00	Kickboxing Basics 17:15-18:15	MMA Basics Grapping 17:00-18:30	No GI Fundamentals 17:00-18:00	Ringen Kids Jugendliche 16:30-17:00	Kickboxing Basics 17:15-18:15	MMA Basics Grapping 17:00-18:30	BJJ Taschengeld 17:00-18:00	Ringen Kids 16:30-17:00	Kickboxing Jugendliche 16:30-17:30	MMA Competition 17:00-18:00	BJJ & No GI Jugendliche 17:00-18:00	Ringen Kids 16:30-17:00	Kickboxing Kids 16:30-17:30	Thiboxing Thiboxing Basics Sparring 17:30-18:00	BJJ & No GI Jugendliche 17:30-18:30	Ringen Basics 17:30-18:15	Biking Basics 17:30-18:00	MMA Basics Grapping 17:00-18:00	MMA Competition Sparring 13:00-14:15	MMA Competition Sparring 13:00-14:15	MMA Competition Sparring 13:00-14:15	MMA Competition Sparring 13:00-14:15				
No GI Advanced 18:00-19:00	Ringen Advanced 18:15-19:15	Biking Basics 18:30-19:30	MMA Competition 18:00-19:30	BJJ Advanced 18:00-19:00	Ringen Basics 17:30-18:15	Biking Jugendliche 17:30-18:30	MMA Competition 18:00-19:30	BJJ Advanced 18:00-19:00	Ringen Advanced 18:15-19:15	Kickboxing Women 17:30-18:30	MMA Competition 18:00-19:00	BJJ & No GI Women Advanced 18:00-19:00	Ringen Basics 17:30-18:15	Biking Women 17:30-18:00	Kickboxing Thiboxing Basics Sparring 17:30-18:00	BJJ & No GI Jugendliche 17:30-18:30	Ringen Basics 17:30-18:15	Biking Advanced Sparring 17:30-18:00	MMA Competition 18:00-19:30								
No GI BJJ 18:00-19:00	Ringen Advanced 18:15-19:15	Biking Advanced 18:30-19:30	MMA Competition 18:00-19:30	BJJ Advanced 18:00-19:00	Ringen Advanced 18:15-19:15	Biking Advanced Sparring 18:00-19:30	MMA Competition 18:00-19:30	No GI Fundamentals 18:00-20:00	Ringen Advanced 18:15-19:15	Kickboxing Basics 18:30-19:30	MMA Competition 18:30-20:00	BJJ & No GI Fundamentals 18:00-20:00	Ringen Advanced 18:15-19:15	Biking Advanced 18:30-19:30	MMA Basics Striking 18:30-21:00	BJJ All Level 18:30-19:30	Ringen Advanced 18:45-19:45	Biking Basics Striking 18:45-19:45	MMA Competition 18:30-20:30								
BJJ All Level 19:30-21:00	Advanced 19:15-21:15	Advanced 19:30-21:15		BJJ All Level 19:30-21:00	Advanced 19:15-21:15	Kickboxing All Levels 19:30-20:30		BJJ Fundamentals 20:00-21:00	Advanced 19:15-21:15	Kickboxen Basics 19:30-20:30	MMA Basics Grapping 20:00-21:00	BJJ Advanced 20:00-21:00	Advanced 19:15-21:15	Biking Advanced 19:30-21:00		BJJ All Level 19:30-21:00	Advanced 19:15-21:15	Basics Striking 19:15-20:45	Biking Basics Sparring 19:30-20:30								

 Kids 6-10 Jahre
 Jugendliche 11-15 Jahre