

MONTAG					DIENSTAG					MITTWOCHE					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						
		Boxing All Level 09:00-10:30 (Full Equipment)	MMA Basics Grapping 09:30-10:30			No GI All Level 08:30-11:00	Boxing All Level 10:00-11:30 (Sparring)	MMA 10:00-11:30			No GI All Level 10:00-11:30	Kickboxing All Level 10:15-11:45 (Full Equipment)	MMA Basics Grapping 10:00-10:00			No GI All Level 10:30-11:00	Boxing All Level 09:00-10:30	Kickboxing All Level 09:00-10:00			BJJ All Level 10:00-11:30	Boxing All Level 10:00-11:30	MMA 10:00-11:30			BJJ All Level 10:00-11:30	Boxing All Level 10:00-11:30	MMA 10:00-11:30											
		Kickboxing All Level 10:30-12:00 only by Invitation				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	Boxing All Level 10:20-12:00	Competition 10:00-11:30			No GI All Level 11:30-13:00	Boxing All Level 11:30-12:30				BJJ No GI All Level 10:30-12:00 (Auf Matte 1 und 6)	Boxing All Level 11:00-12:15	Kickboxing All Level 10:45-12:00	MMA Women Kickboxing All Level 10:30-11:30										
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