

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:30	BJJ Fundamentals 08:30 - 09:30			Thai Kick Boxing 08:30 - 09:30		
09:00						
09:30						
10:00						Outdoor Training 10:00 - 10:45
10:30		Yoga 10:30 - 19:30				
11:00						
11:30						
12:00						Functional Training 12:00 - 13:00
12:30						
13:00			Thai Kick Boxing 13:00 - 14:00		Functional Training 13:00 - 14:00	BJJ Fundamentals 13:00 - 14:00
13:30						
14:00						Yin Yoga 14:00 - 15:00
14:30						
15:00						
15:30						
16:00					BJJ Minis (5-7 Jahre) 16:00-16:30	
16:30				BJJ Minis (5-7 Jahre) 16:30 - 17:00	BJJ Kids & Teens (8-14 Jahre) 16:30 - 17:30	
17:00	BJJ Minis (5-7 Jahre) 17:00 - 17:30		BJJ Minis (5-7 Jahre) 17:00 - 17:30	BJJ Kids & Teens (8-14 Jahre) 17:00 - 18:00		
17:30	BJJ Kids & Teens (8-14 Jahre) 17:30 - 18:30	Functional Training 17:30 - 18:30	BJJ Kids & Teens (8-14 Jahre) 17:30 - 18:30			Mobility 17:30 - 18:00
18:00						Functional Training 18:00 - 19:00
18:30	Functional Training 18:30 - 19:30	Thai Kick Boxing 18:30 - 19:30	Functional Training 18:30 - 19:30			
19:00				Selbstver- teidigung - BJJ Ladies only 19:00 - 20:00	Stretch Mobility 19:00 - 20:00	BJJ NoGi 19:00 - 20:00
19:30	BJJ Fundamentals 19:30-20:30	BJJ NoGi 19:30 - 20:30	BJJ Fundamentals 19:30-20:30			
20:00	Stretch Mobility 19:30-20:30					OPEN MAT 20:00 - 21:00

Änderungen vorbehalten / alle Angaben ohne Gewähr