

Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag		
Functional Area	Mattenfläche	Kursraum	Functional Area	Mattenfläche	Kursraum	Functional Area	Mattenfläche	Kursraum	Functional Area	Mattenfläche	Kursraum	Functional Area	Mattenfläche	Kursraum	Functional Area	Mattenfläche	Kursraum
				Thaiboxing 08:15 - 09:00		Functional Training 08:15 - 09:00					Pilates 08:30 - 09:00						
			Functional Training 09:00 - 9:50				BJJ Fundamentals 09:00 - 09:50		Functional Training 09:00 - 9:50								
															Functional Training 11:00 - 11:50		
																BJJ Advanced 12:00 - 12:50	Yoga 12:00 - 12:50
	Thaiboxing 13:00 - 13:50			BJJ Drills 13:00 - 13:50			Thaiboxing 13:00 - 13:50			BJJ Drills 13:00 - 13:50						BJJ Fundamentals 13:00 - 13:50	
																Family BJJ	
																	Alba Dancers 15:30 - 18:00 (Closed)
	Mini BJJ 16:30 - 17:00			Mini BJJ 16:30 - 17:00			Mini BJJ 16:30 - 17:00			Mini BJJ 16:30 - 17:00							
	Kids BJJ 17:00 - 17:50			Kids BJJ 17:00 - 17:50			Kids BJJ 17:00 - 17:50			Kids BJJ 17:00 - 17:50				Mobility 17:00 - 17:50			
	Functional Training 18:00 - 18:50		Functional Training 18:00 - 18:50			Functional Training 18:00 - 18:50			Functional Training 18:00 - 18:50					Thaiboxing 18:00 - 18:50			
	BJJ Fundamentals 19:00 - 19:50	Stretch - Mobility 19:00 - 19:50		Thaiboxing 19:00 - 19:50			BJJ Fundamentals 19:00 - 19:50			BJJ Advanced 19:00 - 19:50	Stretch - Mobility 19:00 - 19:50			BJJ NoGi 19:00 - 19:50			
	BJJ Advanced 20:00 - 20:50			BJJ NoGi 20:00 - 20:50			BJJ Advanced 20:00 - 20:50	Yoga 20:00 - 20:50		BJJ Fundamentals 20:00 - 20:50				BJJ Friends 20:00 - 20:50			

CORPUS DICIO

TRAINING | EQUIPMENT | ACADEMY | LIFE