

**Herrenberg**

Stand 18.03.2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.30-11.45	MMA Grappling	Kick-Thaiboxen		MMA	BJJ		
10.00-11.00						Kids 7y-11y Ringen	
11.00-12.00						Kids 12y-15y Ringen	
11:00-13.00							Kick-Thaiboxen
12:00-13.30						Ringen	
15.30-16.15	Kids 4y-6y Eagles	Kids 4y-6y Eagles	Kids 4y-6y Eagles	Kids 4y-6y Eagles	Kids 4y-6y Eagles		
16.15-17.00	Kids 7y-11y BJJ	Kids 7y-11y Kick-Thaiboxen	Kids 7y-11y Karate	Kids 7y-11y BJJ NoGi	Kids 7y-15y MMA/Ringen		
17.00-18.00	Kids 12y-15y BJJ	Kids 12y-15y Kick-Thaiboxen	Kids 12y-15y Karate	Kids 12y-15y BJJ NoGi	MMA/Ringen		
18.15-19.15	MMA/Grappling LutaLivre	MMA/Grappling LutaLivre	MMA	Kick-Thaiboxen			
18.30-19.45					MMA		
19.30-20.30	Kick-Thaiboxen	Kick-Thaiboxen	Karate	MMA			
20.30-21.30	BJJ						