

MATTE 1

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06.00-07.15							Wettkämpfer BJJ/LutaLivre
06.30-08.00		MMA/Grappling LutaLivre					
10.00-11.15						MMA/Grappling LutaLivre	MMA/Grappling LutaLivre
10.30-11.45	BJJ	MMA/Grappling LutaLivre	BJJ/LutaLivre freies Rollen	MMA/Grappling LutaLivre			
14.30-15.30						Kick- Thaiboxen Frauen	
15.30-16.15		Kids 4y-6y Eagles		Kids 4y-6y Eagles	Kids 4y-6y Eagles		
16.15-17.00					Kids 7y-11y Kickboxen		
16.30-17.15	Kids 4y-6y Eagles	Kids 7y-11y BJJ NoGi	Kids 4y-6y Eagles				
17.00-18.00							
17.15-18.00			Kids 7y-11y BJJ				
17.15-18:15	Kids 12y-15y BJJ NoGi	Kids 12y-15y BJJ NoGi					
17.45-19.00					BJJ/LutaLivre freies Rollen		
18.00-19.15				MMA/Grappling LutaLivre			
18.30-19.45	MMA/Grappling LutaLivre	MMA/Grappling LutaLivre-Sparring	BJJ				
19.15-20.15							
19.15-20.30				BJJ			
19.45-21.00							
20.00-21.15	BJJ	MMA/Ringen	BJJ				
20:15-21:45					KravMaga		

MATTE 2

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06.00-07.15							
10.30-11.45	Kickboxen Sandbag	Kick- Thaiboxen	MMA	Kick- Thaiboxen	MMA		
14.30-15.15						Kids alle Kickboxen	
15:15-16.00						Kids alle Kickboxen	
16.15-17.00				Kids 7y-11y Karate			
16.15-17:15					Kids 12y-15y Kickboxen		
16.30-17.15	Kids 7y-11y BJJ NoGi						
17.00-18.00				Kids 12y-15y Karate			
17.15-18:15			Kids 12y-15y BJJ NoGi				
17.15-18:30	MMA youth 15y-20y						
17.45-19.00					MMA Kickbox Sparring		
18.00-19.15				MMA			
18.30-19.45	Kick- Thaiboxen	Kick- Thaiboxen	Kick- Thaiboxen				
19.15-20.30				Silberrücken Fight&Fitness ab März			
20.00-21.15	KravMaga	MMA	MMA				