

Athletic-Training Montags von 17.00 -18.00 Uhr

Stand 06.05.24

Yoga Kurs Mittwochs von 17.00 -18.00 Uhr

MATTE 1 SPIEGEL

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06.00-07.15							BJJ/LutaLivre
10.00-11.15						MMA/Grappling LutaLivre	MMA/Grappling LutaLivre
10.30-11.45	Kickboxen Sandbag	Kick- Thaiboxen	MMA	Kick- Thaiboxen	MMA		
MITT A G							
14.30-15.15						Kids alle Kickboxen Marko	
15.15-16.00						Kids alle Kickboxen Marko	
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 NoGi	Kids 7y-11y BJJ NoGi	Kids 7y-11y BJJ	Kids 7y-11y Karate	Kids 7y-11y Kickboxen		
17.00-18:00	Kids 12y-15y BJJ NoGi	Kids 12y-15y BJJ NoGi	Kids 12y-15y BJJ NoGi	Kids 12y-15y Karate	Kids 12y-15y Kickboxen		
18.00-19.00	Kick- Thaiboxen	Kick- Thaiboxen	Kick-Thaiboxen	MMA/Grappling LutaLivre	MMA Kickbox Sparring		
19.00-20.00	MMA/Grappling LutaLivre	MMA/Grappling LL-Sparring	Grappling/BJJ freies Rollen ab August Boxen	MMA	Bjj/Grappling		
19.15-20.30				Silberrücken (Cage)			
20.00-21.15	BJJ	MMA	MMA				

MATTE 2

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.30-11.45	BJJ	MMA/Grappling LutaLivre	BJJ/LutaLivre freies Rollen	MMA/Grappling LutaLivre			
MITT A G							
14.30-15.30						Kick-Thaiboxen Frauen	
20.00-21.15	KravMaga	MMA/Ringen	BJJ	Bjj			
20:15-21:45					KravMaga		