

Athletic-Training Montags von 17.00-18.00Uhr
Yoga Mittwochs 17.00-18.00 Uhr und Samstags 11.15-12.15 Uhr

Stand 09.09.24

MATTE 1 SPIEGEL

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------|-------------------------------|--|--|-------------------------------|-----------------------------------|------------------------------|------------------------------|
| 06.00-07.15 | | | | | | | BJJ/LutaLivre Patrick |
| 10.00-11.15 | | | | | | MMA/Grappling LutaLivre Simo | MMA/Grappling LutaLivre Simo |
| 10.30-11.45 | Kickboxen Alex M. | Kick-Thaiboxen Roman nicht am 17.09.24 | MMA Patrick | Kick-Thaiboxen Sven | MMA Sven | | |
| M I T T A G | | | | | | | |
| 13.30-14.30 | | | | | | Kick-Thaiboxen Roman | |
| 14.30-15.15 | | | | | | Kids alle Kickboxen Marko | |
| 15.15-16.00 | | | | | | Kids alle Kickboxen Marko | |
| 15.30-16.15 | | Kids 4y-6y Eagles Joschua nicht 16.09.- 03.10.24 | Kids 4y-6y Eagles Roman nicht am 18.09.24 | Kids 4y-6y Eagles Sven | Kids 4y-6y Eagles Sven | | |
| 16.15-17.00 | Kids 4y-11y BJJ NoGi Diego | Kids 7y-11y BJJ NoGi Joshua nicht 16.09.- 03.10.24 | Kids 7y-11y Kickboxen Roman nicht am 18.09.24 | Kids 7y-11y Karate Sven | Kids 7y-11y Kickboxen Sven | | |
| 17.00-18.00 | Kids 12y-15y BJJ NoGi | Kids 12y-15y BJJ NoGi Rene nicht 06.09. - 28.09.24 | Kids 12y-15y BJJ NoGi Rene nicht 06.09. - 28.09.24 | Kids 12y-15y Karate Sven | Kids 12y-15y Kickboxen Alex M. | | |
| 18.00-19.00 | Kick-Thaiboxen Etti | Kick- Thaiboxen Alex M. | Kick-Thaiboxen Alex M. | MMA Sven | MMA Kickbox Sparring Alex M. | | |
| 19.00-20.00 | MMA/Grappling LutaLivre Diego | MMA/Grappling LL-Sparring Selvin | Boxen Alex M. | MMA/Grappling LutaLivre Diego | BJJ/LutaLivre freies Rollen | | |
| 19.15-20.30 | | | | Silberrücken Alex | | | |
| 20.00-21.15 | BJJ Pascal | MMA Markus | MMA Etti nicht 02.09. - 15.09.24 | | | | |

MATTE 2

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------|--------------|--|-----------------------------|-------------------------------|--------------|-----------------------------|---------|
| 10.30-11.45 | BJJ Patrick | MMA/Grappling LutaLivre Patrick | BJJ/LutaLivre freies Rollen | MMA/Grappling LutaLivre Peter | | | |
| M I T T A G | | | | | | | |
| 14.30-15.30 | | | | | | Kick-Thaiboxen Frauen Roman | |
| 20.00-21.15 | KravMaga Oli | MMA/Ringen Rene nicht 06.09. - 28.09.24 | Pascal | Bjj Diego | Kravmaga Oli | | |