Athletic-Training Montags von 17.00-18.00Uhr

Yoga Mittwochs 17.00-18.00 Uhr

Stand 01.11.2026

MATTE 1 Boxhalle

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06.00-07.15							BJJ/LutaLivre Patrick
09.00-10.00	Kickboxen Alex M.	Boxen Alex M. /MARCIN	Kickboxen Alex M.	Boxen Alex M. /MARCIN	Kickboxen Alex M.		
10.00-11.00						Kick-Thaiboxen Roman	
10.30-11.45		Kick-Thaiboxen Sean	MMA Patrick	Kick-Thaiboxen Sean	MMA Sven		
11.00-12.00						Kick-Thaiboxen Frauen Roman	
MITTAG							
13.30-14.30							
14.30-15.30						Sparring 12y-15y Kickboxen Lukas M.	
15.30-16.15	Kids 4y-6y Eagles Diego	Kids 4y-6y Eagles Diego	Kids 4y-6y Eagles Malik	Kids 4y-6y Eagles Sven	Kids 4y-6y Eagles Sven		
16.15-17.00	Kids 7y-11y BJJ NoGi Diego	Kids 7y-11y BJJ NoGi Diego	Kids 7y-11y Kickboxen Malik	Kids 7y-11y Karate Sven	Kids 7y-11y Kickboxen Sven		
17.00-18:00	Kids 12y-15y BJJ NoGi Rene	Kids 12y-15y Kickboxen Lukas M.	Kids 12y-15y BJJ NoGi Rene	Kids 12y-15y Karate Sven	Kids 12y-15y Kickboxen Alex M.		
18.00-19.00	Kick-Thaiboxen Etti	MMA/Grappling LL-Sparring Alex B.	Kick-Thaiboxen Alex M. Support Damir	MMA Sven	MMA Kickbox Box Sparring Alex M. Marcin Sven		
19.00-20.00	Boxen Alex M./ Marcin	Kick- Thaiboxen Alex M. Support Damir	Boxen Alex M./ Marcin	Silberrücken Alex B.			
20.00-21.15	Wettkampftraining Kickboxen,Boxen Alex M. / Marcin	Boxen Alex M./ Marcin	MMA Etti	Boxen Roman/Marcin			

MATTE 2 /Vorne Spiegel

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.00-11.15						MMA/Grappling LutaLivre Simo	MMA/Grappling LutaLivre Simo
10.30-11.45	BJJ Patrick	MMA/Grappling LutaLivre Patrick	BJJ/LutaLivre freies Rollen	MMA/Grappling LutaLivre Patrick			
MITTAG							
14.30-15.15						Kids 4y-11y Kickboxen Marko B.	
15.15-16.00						Kids 4-11y Kickboxen Marko B.	
17.00-18:00		Kids 12y-15y BJJ NoGi Diego					
18.00-19.00	Kick-Thaiboxen Etti	MMA/Grappling LL-Sparring Alex B.	Kick-Thaiboxen Alex M. Support Damir		MMA Kickbox Box Sparring Alex M. Marcin Sven		
19.00-20.00	MMA/Grappling LutaLivre Diego	Kick- Thaiboxen Alex M. Support Damir	MMA/Grappling Wettkämpfer Rene	MMA/Grappling LutaLivre Diego	BJJ/LutaLivre Freies Rollen Marko BS.		
20.00-21.15	BJJ Pascal	MMA/Ringen Rene	BJJ Pascal	Bjj Diego			

MATTE 3 /vorne Eingangsbereich

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
MITTAG							
18.00-19:00	Kick-Thaiboxen Etti	MMA/Grappling LL-Sparring Alex B.	Kick-Thaiboxen Alex M. Support Damir		MMA Kickbox Box Sparring Alex M. Marcin Sven		
19.00-20.00	MMA/Grappling LutaLivre Diego	Kick- Thaiboxen Alex M. Support Damir	MMA/Grappling Wettkämpfer Rene	MMA/Grappling LutaLivre Diego			
20.00-21.15		MMA Markus	Anfänger Kickboxen Damir				
20.00-21.30	KravMaga Oli				Kravmaga Oli		

SAUNA

Sauna	Montag	Dienstag	Mittwoch	Donnertstag	Freitag	Samstag	Sonntag
09.00-13.00		Sauna mixed					
11.00-17.00						Sauna mixed	
18.00-23.00	Sauna mixed		Sauna mixed		Sauna mixed		