Sindelfingen

Stand 01.11.26

	Montag	Dienstag	Mittwoch	Donnertstag	Freitag	Samstag	Sonntag
10.00-11.30	MMA Mykola	Kick-Thaiboxen Mykola		Kick-Thaiboxen Mykola			
10.15-11.30						BJJ Chen	
11.30-13.00						KravMaga Chen	
MITTAG							
13.00-14.00						Kick-Thaiboxen Mykola	
14:30-15:15						Kids 4y-11y Kickboxen Mykola	
15:15-16.00						Kids 12y-15y Kickboxen Mykola	
15.30-16.15	Kids 4y-6y Eagles Mykola/Sean	Kids 4y-6y Eagles Mykola/Sean	Kids 4y-6y Eagles Mykola/Sean	Kids 4y-6y Eagles Mykola/Sean	Kids 4y-6y Eagles Mykola/Sean		
16.30-17.15	Kids 7y-11y BJJ Mykola/Sean	Kids 7y-11y Kick-Thaiboxen Mykola/Sean	Kids 7y-11y BJJ NoGi Mykola/Sean	Kids 7y-11y Kick-Thaiboxen Mykola/Sean	Kids 7y-11y BJJ NoGi Mykola/Sean		
17.30-18.30	Kids 12y-15y Boxen Alex S.	Kids 12y-15y Kick-Thaiboxen Mykola	Kids 12y-15y BJJ NoGi Mykola/Sean	Kids 12y-15y Kick-Thaiboxen Alex M	Kids 12y-15y BJJ NoGi Mykola/Sean		
18.45-19.45	Boxen Alex S .	Kick-Thaiboxen Sean	Kick-Thaiboxen Sean	Kick-Thaiboxen Alex M.	MMA Kickbox Sparring Mykola		
20:00-21:00	MMA/Grappling LutaLivre Mykola	MMA/Grappling LL-Sparring Mykola	Boxen Alex S.	BJJ Mykola			

Matte 2	Montag	Dienstag	Mittwoch	Donnertstag	Freitag	Samstag	Sonntag
10.00-11.00						Frauen Grappling BASICS Ela	
11.00-12.00						Frauen BJJ BASICS Ela	
10.00-11.30			MMA/Grappling LutaLivre Mykola		BJJ Mykola		
MITTAG							
17.30-18.30	Kids 12y-15y BJJ Mykola/Sean	Frauen Kickboxen Sean	Frauen Kickboxen BASICS Ela	Frauen Kickboxen Sean			
18.45-19.45	MMA Mykola	BJJ Mykola	MMA Mykola	Athletic Fitness Sean			
20:00-21:00			MMA/Grappling LutaLivre Mykola				

Sauna	Montag	Dienstag	Mittwoch	Donnertstag	Freitag	Samstag	Sonntag
19.00-22.00	Sauna mixed		Sauna mixed	Sauna Damen	Sauna mixed		