



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
17:15 - 18:30	Brazilian Jiu-Jitsu Fundamentals (Gi)	Brazilian Jiu-Jitsu Fight Lab Alle Level (Gi)	Brazilian Jiu-Jitsu Fundamentals (Gi)	Brazilian Jiu-Jitsu Fight Lab Alle Level (Gi)	BJJ No Gi Ab Weißgurt 2 Streifen
	MMA Newcomer Boden		MMA Newcomer Boden		MMA Advanced Fortgeschrittene
			Jugendtraining 12-15 Jahre		Jugendtraining 12-15 Jahre
18:45 - 20:00	All Style Kickboxen Fortgeschrittene	All Style Kickboxen Alle Level	All Style Kickboxen Beginner	All Style Kickboxen Alle Level	All Style Kickboxen Beginner
	MMA Advanced Fortgeschrittene	MMA Newcomer Stand	MMA Advanced Fortgeschrittene	MMA Newcomer Stand	
	MMA Ringen Alle Level	BJJ No Gi Ab Weißgurt 2 Streifen	20:00 - 20:30 MMA Sparring Fortgeschrittene	MMA Ringen Alle Level	18:45 - 20:15 Striking Sparring Fortgeschrittene
20:15 - 21:30	STRIKE FIT Fitnesskickboxen		STRIKE FIT Fitnesskickboxen		