

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM
08 - 09				KETTLEBELL		KRAFT						
09 - 10					BJJ		THAI BOXEN ALL LEVEL		STANDUP PRATZE			
10 - 16		SPORTETAGE 10 - 11.30				SPORTETAGE 10 - 11.30					NOGI SPARRING	
		BOXEN ALL LEVEL				BOXEN BASIC					OPEN MAT 12 - 16	OPEN GYM 12 - 16
16 - 17					BOXEN ALL LEVEL		MOBILITY		MOBILITY			
17 - 18	THAI BOXEN ALL LEVEL	CALISTHENICS YOUTH					THAI BOXEN PRO	KRAFT	THAI BOXEN BASIC		CALISTHENICS PRO	
18 - 19	BJJ	ATHLETIK	NOGI	ATHLETIK		KETTLEBELL			STANDUP PRATZE			
19 - 20	BJJ SPARRING		NOGI SPARRING	KRAFT	THAI BOXEN ALL LEVEL		BJJ	SPORTETAGE	STANDUP SPARRING	SPORTETAGE		
		SPORTETAGE 20 - 21.30			NOGI	SPORTETAGE 18.15 - 19.15	BJJ SPARRING	BOXEN BASIC 18.40 - 19.40		NOGI 17 - 18		
20 - 21	BOXEN BASIC	BOXEN PRO	THAI BOXEN PRO			BJJ FLINTA		BOXEN PRO 19.40 - 21		NOGI SPARRING 18 - 19		

OPEN MAT & GYM

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