

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM
08 - 09				KETTLEBELL		KRAFT						
09 - 10	MOBILITY				BJJ		THAI BOXEN ALL LEVEL		STAND UP PRATZE	KETTLEBELL		
10 - 16						SPORTETAGE 10.00 - 11.30					NOGI SPARRING	
						BOXEN BASIC					OPEN MAT 12 - 16	OPEN GYM 12 - 16
16 - 17					BOXEN TECHNIK		MOBILITY		MOBILITY			
17 - 18	THAI BOXEN ALL LEVEL			CALISTHENICS		KRAFT	THAI BOXEN PRO	KRAFT	THAI BOXEN BASIC	CALISTHENICS		
18 - 19	BJJ	ATHLETIK	NOGI	ATHLETIK	MOBILITY	KETTLEBELL	BJJ		BOXEN ALL LEVEL	KETTLEBELL		
19 - 20	BJJ SPARRING		NOGI SPARRING	KRAFT	THAI BOXEN ALL LEVEL		BJJ SPARRING	SPORTETAGE	STAND UP SPARRING			
		SPORTETAGE 19.45-21.00						BOXEN BASIC 18.40 - 19.40		SPORTETAGE 17.00-18.30		
20 - 21	BOXEN BASIC	BOXEN PRO	THAI BOXEN ALL LEVEL		NOGI	SPORTETAGE 18.15-19.15	BJJ SPARRING	BOXEN PRO 19.40 - 21.00		NOGI		
						BJJ FLINTA						

OPEN MAT & GYM

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