

|         | MONTAG                  |   | DIENSTAG                                     |              | MITTWOCH                |   | DONNERSTAG           |  | FREITAG              |                               | SAMSTAG                  |                     |         |
|---------|-------------------------|---|--|--------------|-------------------------|---|----------------------|--|----------------------|-------------------------------|--------------------------|---------------------|---------|
|         | MAT                     | GYM                                       | MAT  | GYM          | MAT                     | GYM                                     | MAT                  | GYM  | MAT                  | GYM                           | MAT                      | GYM                 |         |
| 08 - 09 |                         |   |  | KETTLEBELL   |                         | KRAFT                                   |                      |  |                      |                               |                          |                     | 08 - 09 |
| 09 - 10 | MOBILITY                |   |  |              | BJJ                     |   | THAI BOXEN ALL LEVEL |  | STAND UP PRATZE      | KETTLEBELL                    |                          |                     | 09 - 10 |
| 10 - 16 |                         |   |  |              |                         | SPORTETAGE<br>BOXEN BASIC<br>10 - 11.30 |                      |  |                      |                               | NOGI<br>10 - 11          | OPEN GYM<br>10 - 16 | 10 - 16 |
| 16 - 17 |                         |   | SPORTETAGE<br>NOGI BEGINNER<br>16.15 - 17.30 |              | BOXEN<br>TECHNIK        |   | MOBILITY             |  | MOBILITY             |                               | NOGI SPARRING<br>11 - 12 |                     | 16 - 17 |
| 17 - 18 | THAI BOXEN<br>ALL LEVEL |   |  | CALISTHENICS |                         | KRAFT                                   | THAI BOXEN<br>PRO    | KRAFT                                      | THAI BOXEN<br>BASIC  | CALISTHENICS                  |                          |                     | 17 - 18 |
| 18 - 19 | BJJ                     | ATHLETIK                                  | NOGI   | ATHLETIK     | MOBILITY                | KETTLEBELL                              | BJJ                  |  | BOXEN<br>ALL LEVEL   | KETTLEBELL                    |                          |                     | 18 - 19 |
| 19 - 20 | BJJ<br>SPARRING         | SPORTETAGE<br>BJJ FLINTA<br>18.30 - 19.30 | NOGI<br>SPARRING                             | KRAFT        | THAI BOXEN<br>ALL LEVEL |   | BJJ<br>SPARRING      | SPORTETAGE<br>BOXEN BASIC<br>18.40 - 19.40 | STAND UP<br>SPARRING | SPORTETAGE<br>NOGI<br>17 - 18 |                          |                     | 19 - 20 |
| 20 - 21 | BOXEN<br>BASIC          | BOXEN PRO<br>19.45 - 21                   | THAI BOXEN<br>ALL LEVEL                      |              | NOGI                    |   |                      | BOXEN PRO<br>19.40 - 21                    |                      | NOGI SPARRING<br>18 - 19      |                          |                     | 20 - 21 |

OPEN MAT & GYM

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