

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG		
Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3	Fläche 1	Fläche 2	Fläche 3
10:00-11:30 BJJ & NoGi						10:00-11:30 BJJ & NoGi	10:00-11:00 Kickboxing All Levels					10:00-11:30 BJJ & NoGi	10:00-11:00 Kickboxing All Levels				
		11:30-12:30 Strength & Conditioning		11:00-12:00 Kickboxing All Levels				11:30-12:30 Strength & Conditioning		11:00-12:00 Kickboxing All Levels				11:30-12:30 Strength & Conditioning			11:00-12:00
			12:30-14:00 BJJ & NoGi Takedowns			12:30-14:00 BJJ & NoGi			12:30-14:00 BJJ & NoGi			12:30-14:00 BJJ & NoGi			11:30-13:00 BJJ		12:00-13:00 Kickboxing Kids
															13:00-14:00 MMA Pro	13:00-14:00 Kickboxing All Levels	
	16:00-17:00 Kickboxing Basic 1		16:30-17:00 BJJ Mini 4-7 Yrs	16:00-17:00 Kickboxing Basic 1			16:00-17:00 Womens Kickboxing		16:30-17:00 BJJ Mini 4-7 Yrs	16:00-17:00 Kickboxing Basic 1							
17:00-18:00 MMA Kids	17:00-18:00 Kickboxing Basic 2		17:00-18:00 BJJ Kids 8-15 Yrs	17:00-18:00 Kickboxing Kids		16:30-17:30 BJJ Kids 8-15 Yrs	17:15-18:15 Kickboxing Basic 2		17:00-18:00 BJJ Kids 8-15 Yrs MMA Kids	17:00-18:00 Kickboxing Basic 2							
18:00-19:15 Fundamentals BJJ	18:00-19:15 Kickboxing Advanced		18:00-19:30 NoGi Advanced	18:15-19:30 Boxing Basic	18:15-19:30 Boxing Advanced	17:30-18:30 Freestyle Wrestling			18:00-19:00 BJJ Competition			17:30-18:30 NoGi Competition	17:30-18:30 Kickboxing Advanced				
19:15-20:30 Fundamentals NoGi						18:30-19:45 Fundamentals NoGi	18:30-19:30 Kickboxing Advanced		19:00-20:30 NoGi Advanced	18:15-19:30 Kickboxing Advanced		18:30-19:30 BJJ Takedowns NoGi Leglocks	18:30-19:30 Boxing Advanced	18:30-19:30 Strength & Conditioning			
20:30-21:30 Whitebelts ONLY BJJ MMA BASIC	19:30-21:00 Kickboxing Pro (Muay Thai)		19:30-21:00 BJJ Advanced	19:30-21:00 MMA Pro	19:30-20:30 Strength & Conditioning	19:45-21:00 Fundamentals BJJ	19:30-21:00 Kickboxing Pro (Boxing)		20:30-21:30 Whitebelts ONLY BJJ MMA BASIC	19:30-21:00 Kickboxing Pro	19:30-20:30 Strength & Conditioning	19:30-20:30 BJJ Advanced	19:45-21:00 Boxing Basic	19:45-21:00 Athletik Pro			