

	MO	DI	MI	DO	FR	SA	SO
h							
7	Personal Training	Personal Training	07.00-08.30 Brazilian Jiu-Jitsu	Personal Training	Personal Training	Personal Training	
8							
9		08.30-09.30 Bare Movement*		08.30-09.30 Bare Movement*			
10	09.30-11.00 Kick-Thai Boxen	09.30-11.00 Luta-Livre	09.45-10.45 Yoga	09.30-11.00 Kick-Thai Boxen	09.30-11.00 Luta-Livre	10.00-11.00 Yoga	
11							
12						11.30-12.30 MMA Striking	
13						12.30-14.30 Open Gym	12.30-14.00 BJJ Drill & Roll
14	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	13.00-14.30 Faustkunst	13.00-14.30 Luta-Livre
15							
16							
17		16.30-17.30 Kids	16.30-18.30 Open Gym	16.30-17.30 Kids	16.30-18.00 Open Gym	17.00-17.30 Gymnastik	
18	17.30-18.00 Gymnastik	18.00-19.30 Luta-Livre	17.30-18.30 Jugend	17.30-18.30 Jugend	18.00-19.30 BJJ (Basics)	17.30-18.30 Striking Padwork	17.30-18.30 Grappling Fundamentals
19	18.30-19.30 Gymnastics & Strength*	18.30-19.30 S&C / Zirkel	18.30-20.00 Kick-Thai Boxen (Advanced)	18.00-19.30 Takedowns MMA & Grappling	18.00-19.00 Gymnastics & Strength*	18.30-19.30 Open Gym	18.30-19.30 Kettlebell
20	20.00-21.30 Kettlebell	19.30-21.00 Kick-Thai Boxen	19.30-21.00 BJJ	19.00-20.30 JKD*	19.30-21.00 Kick-Thai Boxen	19.00-20.30 JKD*	
21				20.00-21.00 Kettlebell (Advanced)	19.30-21.00 Kick-Thai Boxen (Basics)		

Sonntag: Nicht in der Mitgliedshalle

