

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM
09.00-10.00	NOGI	OPEN GYM	OPEN MAT	OPEN GYM	BJJ	OPEN GYM	KICKBOXEN ALL LEVEL 9.00-11.00	OPEN GYM	STANDUP TECHNIK 9.00-11.00	OPEN GYM		
10.00-15.00	OPEN MAT	SPORTTAGE 10.00-12.00			OPEN MAT	SPORTTAGE 10.00-12.00	OPEN MAT		OPEN MAT		12.00 - 16.00 OPEN MAT & GYM	
		BOXEN ALL LEVEL				BOXEN ALL LEVEL						
16.00-17.00	KICKBOXEN BASIC		BJJ YOUTH		STANDUP TECHNIK				BJJ SPARRING	MOBILITY		
17.00-18.00	KICKBOXEN ADVANCED		BJJ FLINTA*	OPEN GYM YOUTH	MOBILITY	BOXEN BASIC	BJJ	BASIC KRAFTTRAINING	STANDUP FLINTA*	CALISTHENICS TRAINING		
18.00-19.00	BJJ	ATHLETIK TRAINING	NOGI		BOXEN ADVANCED	ATHLETIK TRAINING	18-18.30 SPARRING	OPEN GYM	KICKBOXEN ALL LEVEL+BASIC	OPEN GYM		
19.00-20.00	BJJ SPARRING	HYROX 19.15-20.15	NOGI SPARRING	HIT TRAINING	NOGI	OPEN GYM	KHMER BOXEN 18.30-20.00	SPORTTAGE 19.40-21.00	STANDUP SPARRING			
20.00-21.00	BOXEN BASIC	OPEN GYM	KHMER BOXEN	OPEN GYM	NOGI SPARRING		BJJ	BOXEN ADVANCED	OPEN MAT			