

	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	KETTLEBELL	BJJ	BASICKRAFT 8.00-9.00	KICKBOXEN 9.00-10.30	OPEN GYM	STANDUP TECHNIK 9.00-11.00	OPEN GYM		
10.00-15.00	OPEN MAT	SPORTETAGE 10.00-11.30	OPEN GYM	OPEN MAT	OPEN MAT	OPEN GYM	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	12.00 - 16.00 OPEN MAT & GYM	
		BOXEN ALL LEVEL				SPORTETAGE 10.00-11.30	SPORTETAGE 10.00-11.30		BOXEN ALL LEVEL			
16.00-17.00	KICKBOXEN BASIC				BOXEN ALL LEVEL 16.30-17.30		MOBILITY & FLOW		BJJ DRILL	MOBILITY		
17.00-18.00	KICKBOXEN ADVANCED	CALISTHENICS YOUTH			MOBILITY 17.30-18.30	SPORTETAGE 18.00-19.00	KHMER BOXEN 17.00-18.30	BASIC KRAFTTRAINING	KHMER FLINTA*	CALISTHENICS TRAINING		
18.00-19.00	BJJ	ATHLETIK TRAINING	NOGI 18.30-20.00	ATHLETIK TRAINING	KHMER 18.30-19.30	FLINTA* BJJ	NOGI 18.30-20.00	SPORTETAGE	KICKBOXEN ALL LEVEL+BASIC	OPEN GYM		
19.00-20.00	BJJ SPARRING	OPEN GYM		BASIC KRAFT	HITT	NOGI 19.30-20.30			BOXEN BASIC 18.40-19.40		BOXEN BASIC 18.40-19.40	STANDUP SPARRING
20.00-21.00	BOXEN BASIC		KHMER 20.00-21.30	OPEN GYM	NOGI SPARRING 20.30-21.30		BJJ 20.00-21.00	ADVANCED 19.40-21.00	OPEN MAT			