

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM
09.00-10.00	OPEN MAT	OPEN GYM	OPEN MAT	KETTLEBELL 8-9	BJJ 9-10.30	BASIC KRAFT 8-9	KICKBOXEN 9-10.30	OPEN GYM	STANDUP TECHNIK 9-10.30	OPEN GYM		
		SPORTTAGE 10-11.30		OPEN GYM	OPEN MAT	OPEN GYM	OPEN MAT		OPEN MAT			NOGI SPARRING 10-12
10.00-15.00		BOXEN ALL LEVEL			STANDUP TECHNIK 15.30-16.30	SPORTTAGE 10-11.30						12.00-16.00 OPEN MAT & GYM
					BOXEN ALL LEVEL 16.30-17.30	BOXEN ALL LEVEL						
16.00-17.00	KICKBOXEN BASIC						MOBILITY		MOBILITY	CALISTHENICS LEVEL 1		
17.00-18.00	KICKBOXEN ADVANCED	CALISTHENICS YOUTH			MOBILITY 17.30-18.30		KHMER BOXEN 17-18.30	BASIC KRAFTTRAINING	KHMER BASIC	CALISTHENICS LEVEL 2		
18.00-19.00	BJJ	ATHLETIK TRAINING	NOGI	ATHLETIK TRAINING	KHMER 18.30-19.30	KETTLEBELL			KICKBOXEN ALL LEVEL+BASIC	SPORTTAGE		
19.00-20.00	BJJ SPARRING	SPORTTAGE 20-21.30	NOGI SPARRING	BASIC KRAFT	NOGI 19.30-20.30	SPORTTAGE 18.15-19.15	BJJ 18.30-19.30	SPORTTAGE	STANDUP SPARRING	NOGI 17-18		
				HITT	NOGI SPARRING 20.30-21.30	FLINTA* BJJ	BJJ SPARRING 19.30-20.30	BOXEN BASIC 18.40-19.40	OPEN MAT	NOGI SPARRING 18-19		
20.00-21.00	BOXEN BASIC	BOXEN ADVANCED	KHMER 20-21.30	OPEN GYM				BOXEN ADVANCED 19.40-21				