

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM	MAT	GYM
08 - 09				KETTLEBELL		KRAFT						
09 - 10	MOBILITY				BJJ		THAI BOXEN ALL LEVEL		STANDUP PRATZE	KETTLEBELL		
10 - 16						SPORTETAGE 10 - 11.30					NOGI SPARRING	
						BOXEN BASIC					OPEN MAT 12 - 16	OPEN GYM 12 - 16
16 - 17					BOXEN TECHNIK		MOBILITY		MOBILITY			
17 - 18	THAI BOXEN ALL LEVEL			CALISTHENICS		KRAFT	THAI BOXEN PRO	KRAFT	THAI BOXEN BASIC	CALISTHENICS		
18 - 19	BJJ	ATHLETIK	NOGI	ATHLETIK	MOBILITY	KETTLEBELL			BOXEN ALL LEVEL	KETTLEBELL		
19 - 20	BJJ SPARRING		NOGI SPARRING	KRAFT	THAI BOXEN ALL LEVEL			SPORTETAGE	BOXEN SPARRING	SPORTETAGE		
20 - 21	BOXEN BASIC	SPORTETAGE 20 - 21.30	THAI BOXEN ALL LEVEL		NOGI	SPORTETAGE 18.15 - 19.15	BJJ SPARRING	BOXEN BASIC 18.40 - 19.40		NOGI 17 - 18.30		
		BOXEN PRO				BJJ FLINTA		BOXEN PRO 19.40 - 21				

OPEN MAT & GYM

Arno-Nitzsche-Straße 19, 04277 Leipzig • 0341 - 92 727 342  
 klub@sportetage-sued.de • [www.sportetage-sued.de](http://www.sportetage-sued.de)

**SPORT KLUB SÜD**