

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
CAGE	BJJ NO-GI 16:00 - 17:00 / Chris	KINDER (Siehe Kinderplan) 16:45 - 18:45	EINSTEIGER KRAV MAGA 18:30 - 19:30 / Thomas 16 ★	JU-JUTSU FIGHTING 17:00 - 18:30 / Artur	BJJ NO-GI BASICS 16:00 - 17:00 / Chris	WURFTRAINING Für BJJ 09:00 - 10:00 / Mo	KINDER (Siehe Kinderplan) 11:00 - 12:00
	KINDER (Siehe Kinderplan) 17:30 - 18:30	YOGA 19:00 - 20:00 / Dana	KRAV MAGA 19:30 - 20:30 / Thomas 18	KICKBOXEN LEISTUNG 12-18 Jahre 18:30 - 19:45 / Roman	FRAUEN KRAV MAGA 18 18:00 - 19:00 / Thomas	BRAZILIAN JIU-JITSU 10:00 - 11:00 / Benjamin	FREIES TRAINING 12:00 - 13:15
	BRAZILIAN JIU-JITSU 18:30 - 19:30 / Jorge	FREIES TRAINING 20:00 - 23:00	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 19:45 - 23:00	KRAV MAGA 18 19:00 - 20:00 / Thomas	BRAZILIAN JIU-JITSU ★ White Belt 11:00 - 12:00 / Benjamin	YOGA 13:15 - 14:15 / Thalea
	KRAV MAGA EINSTEIGER/FORTGESCHRITTEN 19:30 - 20:30 / Jaci 16				FREIES TRAINING 20:00 - 22:00	JU-JUTSU 12:00 - 13:00 / Marvin	FREIES TRAINING 14:15 - 20:00
FORTGESCHRITTENE Vorkenntnisse sind erforderlich, Teilnahme an den Kursen nur mit vollständiger Ausrüstung möglich. (Kickboxen: Mundschutz, Boxhandschuhe, Schienbein- und Spansschoner, Tiefschutz)	FREIES TRAINING 20:30 - 23:00					KINDER (Siehe Kinderplan) 13:00 - 14:00	
DOJO	FREIES TRAINING 08:00 - 14:45	FREIES TRAINING 08:00 - 16:30	FREIES TRAINING 08:00 - 14:45	FREIES TRAINING 08:00 - 10:00	FREIES TRAINING 08:00 - 14:45	KINDER (Siehe Kinderplan) 10:15 - 14:00	KINDER (Siehe Kinderplan) 10:15 - 13:15
	KINDER (Siehe Kinderplan) 15:00 - 18:45	KINDER (Siehe Kinderplan) 16:30 - 18:00	KINDER (Siehe Kinderplan) 15:00 - 17:45	BJJ NO-GI 10:00 - 11:00 / Dorian	KINDER (Siehe Kinderplan) 15:00 - 19:00	LEHRGÄNGE 15:00 - 18:00	FREIES TRAINING 13:15 - 15:00
	KICKBOXEN TECHNIK & SPARRING 18:45 - 20:00 / Roman G F	TECHNISCHES KICKBOXEN 18:00 - 19:00 / Mathis F	TRICKING Kicks, Salto Training 17:45 - 18:45 / Robin	FREIES TRAINING 11:00 - 15:45	KICKBOXEN TECHNIK & EINSTEIGER SPARRING 19:00 - 20:15 / Roman G F	FREIES TRAINING 18:00 - 20:00	LEHRGÄNGE 15:00 - 18:00
	FITNESS-KICKBOXEN Kicktraining 20:00 - 21:00 / Mathieu	EINSTEIGER KRAV MAGA 19:00 - 20:00 / Thomas 16 ★	SPARRING G F Boxen/Kickboxen 18:45 - 20:15 In Absprache mit den Trainern Roman / Ayhan	KINDER (Siehe Kinderplan) 15:45 - 18:30	FREIES TRAINING 20:15 - 22:00		FREIES TRAINING 18:00 - 20:00
AB 16 JAHRE Dieser Kurs eignet sich für alle Teilnehmer ab 16 Jahre.	FREIES TRAINING 21:00 - 23:00	KRAV MAGA 20:00 - 21:00 / Jaci 18	BRAZILIAN JIU-JITSU Freies Rollen 20:15 - 21:15	KICKBOXEN TECHNIK & SPARRING 18:30 - 19:30 / Gustavo F			
AB 18 JAHRE Dieser Kurs eignet sich für alle Teilnehmer ab 18 Jahre.		FREIES TRAINING 21:00 - 23:00	FREIES TRAINING 21:00 - 23:00	JU-JUTSU 19:30 - 20:30 / Christopher			
				FREIES TRAINING 20:30 - 23:00			
BOX GYM	FREIES TRAINING 08:00 - 12:30	FREIES TRAINING 08:00 - 12:30	FREIES TRAINING 08:00 - 12:30	FREIES TRAINING 08:00 - 17:30	FREIES TRAINING 08:00 - 16:30	FREIES TRAINING 09:00 - 10:00	FREIES TRAINING 09:00 - 10:00
	FITNESS-BOXEN 12:30 - 13:30 / Roman	TECHNISCHES KICKBOXEN 12:30 - 13:30 / Gustavo F	FITNESS-KICKBOXEN 12:30 - 13:30 / Ayhan	FITNESS-BOXEN 17:30 - 18:30 / Shady	KINDER (Siehe Kinderplan) 16:30 - 17:30	FITNESS-KICKBOXEN 10:00 - 11:00 / Gustavo	EINSTEIGER-BOXEN/KICKBOXEN ★ 10:00 - 11:00 / Aironas
	FREIES TRAINING 13:30 - 16:30	FREIES TRAINING 13:30 - 16:30	FREIES TRAINING 13:30 - 16:30	FITNESS-KICKBOXEN 18:30 - 19:30 / Aironas	TECHNISCHES KICKBOXEN 17:30 - 18:30 / Ayhan G F	KINDER (Siehe Kinderplan) 11:00 - 13:00	TECHNISCHES-BOXEN F 11:00 - 12:00 / Aironas
	KINDER (Siehe Kinderplan) 16:30 - 17:30	KINDER (Siehe Kinderplan) 16:15 - 18:15	KINDER (Siehe Kinderplan) 16:30 - 17:30	EINSTEIGER-BOXEN/KICKBOXEN ★ 19:30 - 20:30 / Aironas	EINSTEIGER-BOXEN/KICKBOXEN ★ 18:30 - 19:30 / Sven	FREIES TRAINING 13:00 - 20:00	FITNESS-KICKBOXEN 12:15 - 13:15 / Dima
	FITNESS-KICKBOXEN 17:30 - 18:30 / Ayhan	TECHNISCHES BOXEN F 18:30 - 19:30 / Zeki	FITNESS-KICKBOXEN 17:30 - 18:30 / Dima	FREIES TRAINING 20:30 - 23:00	FITNESS-KICKBOXEN 19:30 - 20:30 / Sven		FREIES TRAINING 13:15 - 20:00
	KALI 18:30 - 19:30 / Finn	BOXEN TECHNIK & SPARRING F 19:30 - 20:30 / Zeki	FITNESS-KICKBOXEN 18:45 - 19:45 / René		FREIES TRAINING 20:30 - 22:00		
	JEET KUNE DO 19:30 - 20:30 / Finn	FITNESS-KICKBOXEN 20:30 - 21:30 / Antony	FITNESS-KICKBOXEN/THAIBOXEN 19:45 - 20:45 / Amilcar				
FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 21:30 - 23:00	FREIES TRAINING 20:45 - 23:00					
BLOCK A	FREIES TRAINING 08:00 - 11:30	FREIES TRAINING 08:00 - 09:30	FREIES TRAINING 08:00 - 11:30	FREIES TRAINING 08:00 - 09:30	BRAZILIAN JIU-JITSU 08:30 - 09:30 / Colin	JU-JUTSU FIGHTING (Jugend) Ab 14 J. 09:00 - 12:00 / Artur	FREIES TRAINING 09:00 - 10:00
	BRAZILIAN JIU-JITSU NEU 11:30 - 12:30 / Amilcar	FITNESS-BOXEN 09:30 - 10:30 / Gustavo	BRAZILIAN JIU-JITSU NEU 11:30 - 12:30 / Amilcar	FITNESS-KICKBOXEN 09:30 - 10:30 / Gustavo	FREIES TRAINING 09:30 - 12:30	KICKBOXEN TECHNIK & SPARRING F 12:15 - 13:15 / Achref	KINDER (Siehe Kinderplan) 10:00 - 10:45
	FREIES TRAINING 12:30 - 16:00	FREIES TRAINING 10:30 - 16:00	FREIES TRAINING 12:30 - 15:45	FREIES TRAINING 10:30 - 12:30	FITNESS-BOXEN 12:30 - 13:30 / Roman	FITNESS-KICKBOXEN 13:30 - 14:30 / Roman	BRAZILIAN JIU-JITSU 11:00 - 12:00 / Jorge
	KINDER (Siehe Kinderplan) 16:00 - 18:45	KINDER (Siehe Kinderplan) 16:00 - 17:30	KINDER (Siehe Kinderplan) 15:45 - 17:30	FITNESS-BOXEN 12:30 - 13:30 / Gustavo	FREIES TRAINING 13:30 - 16:00	FITNESS-KICKBOXEN 13:30 - 14:30 / Roman	BRAZILIAN JIU-JITSU ★ White Belt 12:00 - 13:00 / Jorge
	TECHNISCHES-BOXEN F 18:45 - 19:45 / Ayhan	BRAZILIAN JIU-JITSU 17:30 - 18:30 / Egi	BJJ NO-GI 17:30 - 18:45 / Benjamin	FREIES TRAINING 13:30 - 16:15	KINDER (Siehe Kinderplan) 16:00 - 16:45	EINSTEIGER-BOXEN/KICKBOXEN ★ 14:30 - 15:30 / Roman	MMA LIGHT / ALLKAMPF F 13:15 - 14:30 / Alex B. / Andreas
	BRAZILIAN JIU-JITSU ★ White Belt 19:45 - 20:45 / Jorge	BRAZILIAN JIU-JITSU ★ Ab White Belt 1. Streifen 18:30 - 19:30 / Egi	BRAZILIAN JIU-JITSU ★ White Belt 18:45 - 20:00 / Benjamin	KINDER (Siehe Kinderplan) 16:15 - 18:00	BJJ NO-GI 17:00 - 18:00 / Chris	FREIES TRAINING 15:30 - 20:00	FREIES TRAINING 14:30 - 20:00
	FREIES TRAINING 20:45 - 23:00	FITNESS-BOXEN 19:30 - 20:30 / Gustavo	EINSTEIGER SPARRING F 20:15 - 21:15 / Roman	BRAZILIAN JIU-JITSU ★ White Belt 18:00 - 19:00 / Armin	BRAZILIAN JIU-JITSU 18:00 - 19:00 / Armin		
		FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 21:30 - 23:00	BRAZILIAN JIU-JITSU 19:00 - 20:00 / Christian	BRAZILIAN JIU-JITSU Rollen / Wettkampf 19:00 - 20:00 / Armin		
			BRAZILIAN JIU-JITSU Rollen / Wettkampf 20:00 - 21:00 / Christian	FREIES TRAINING 20:00 - 22:00			
			FREIES TRAINING 21:00 - 23:00				
STUDIO	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 08:00 - 17:15	FREIES TRAINING 08:00 - 17:30	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 09:00 - 11:00	FREIES TRAINING 09:00 - 12:00
	BJJ/NEWAZA WETTKAMPFTRAINING 12-18 J. Nur Nach Absprache 17:00 - 18:30 / Chris	FITNESS-BOXEN 17:15 - 18:15 / Shady	FITNESS-BOXEN 17:30 - 18:30 / Jordan	KINDER (Siehe Kinderplan) 17:00 - 18:00	FITNESS-BOXEN 17:00 - 18:00 / Roman	TECHNISCHES BOXEN F 11:00 - 12:00 / Gustavo	KINDER (Siehe Kinderplan) 12:00 - 13:00
	EINSTEIGER-BOXEN/KICKBOXEN ★ 18:30 - 19:30 / Jordan	FRAUEN-KICKBOXEN 18:15 - 19:15 / Jordan	JU-JUTSU 18:30 - 19:30 / Cornelius	KALI 18:15 - 19:15 / Henning	KINDER (Siehe Kinderplan) 18:00 - 19:00	FREIES TRAINING 12:00 - 20:00	FREIES TRAINING 13:00 - 20:00
	FITNESS-KICKBOXEN/THAIBOXEN 19:30 - 20:30 / Maica	EINSTEIGER-BOXEN/KICKBOXEN ★ 19:15 - 20:15 / Antony	EINSTEIGER-BOXEN/KICKBOXEN ★ 19:45 - 20:45 / René	SILAT F 19:15 - 20:15 / Henning	FREIES TRAINING 19:00 - 22:00		
	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:45 - 23:00	FREIES TRAINING 20:15 - 23:00			
WERKSHALLE	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 08:00 - 18:00	FREIES TRAINING 08:00 - 09:30	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 09:00 - 11:30	FREIES TRAINING 09:00 - 12:45
	FUNCTIONAL TRAINING 16 HIIT / High Intensity 17:00 - 18:00 / Aleks	FUNCTIONAL TRAINING 16 HIIT / High Intensity 18:00 - 19:00 / Jana	FUNCTIONAL TRAINING 16 HIIT / High Intensity 09:30 - 10:30 / Roman	ATHLETICS 16 Movement 17:00 - 18:00 / Alona	FUNCTIONAL TRAINING 16 HIIT / High Intensity 17:00 - 18:00 / Aleks	FUNCTIONAL TRAINING 16 Core 11:30 - 12:30 / Roman	FUNCTIONAL TRAINING 16 HIIT / High Intensity 12:45 - 13:45 / Ayhan
	FUNCTIONAL TRAINING 16 Core 18:15 - 19:15 / Aleks	HYROX 16 19:30 - 20:30 / Jacky	FREIES TRAINING 10:30 - 17:00	FUNCTIONAL TRAINING 16 HIIT / High Intensity 18:15 - 19:15 / Alona	FUNCTIONAL TRAINING 16 HIIT / High Intensity 18:00 - 19:00 / Aleks	FREIES TRAINING 12:30 - 20:00	FREIES TRAINING 13:45 - 20:00
	HYROX 16 19:30 - 20:30 / Jana	FREIES TRAINING 20:30 - 23:00	FUNCTIONAL TRAINING 16 HIIT / High Intensity 17:00 - 18:00 / Aleks	FUNCTIONAL TRAINING 16 Core 19:30 - 20:30 / Zeki	HYROX 16 19:00 - 20:00 / Alona		
	FREIES TRAINING 20:30 - 23:00		HYROX 16 18:15 - 19:15 / Lena	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:00 - 22:00		
		FUNCTIONAL TRAINING 16 HIIT / High Intensity 19:30 - 20:30 / Aleks	FREIES TRAINING 20:30 - 23:00				
OUTDOOR	FREIES TRAINING 10:30 - 18:30	FREIES TRAINING 10:30 - 18:30	FREIES TRAINING 10:30 - 18:30	FREIES TRAINING 10:30 - 18:30	FREIES TRAINING 10:30 - 18:30	FREIES TRAINING 10:00 - 18:30	FREIES TRAINING 10:30 - 18:30