

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
CAGE	KINDER (Siehe Kinderplan) 17:00 - 18:30	KINDER (Siehe Kinderplan) 16:00 - 18:45	KINDER (Siehe Kinderplan) 17:00 - 18:00	KINDER (Siehe Kinderplan) 17:00 - 18:00	FITNESS-BOXEN 17:00 - 18:00 / Roman	BRAZILIAN JIU-JITSU 10:00 - 11:00 / Benjamin	KINDER (Siehe Kinderplan) 11:00 - 13:00
	KRAV MAGA EINSTEIGER/ FORTGESCHRITTEN 18:30 - 19:30 / Jaci 16	EINSTEIGER KRAV MAGA 19:00 - 20:00 / Manuel 16 ★	EINSTEIGER KRAV MAGA 18:30 - 19:30 / Thomas 16 ★	KICKBOXEN TECHNIK & SPARRING 18:30 - 19:30 / Mathis F	FRAUEN KRAV MAGA 18:00 - 19:00 / Thomas	BJJ NO-GI 11:00 - 12:00 / Benjamin	FREIES TRAINING 13:00 - 16:00
	KRAV MAGA 19:30 - 20:30 / Jaci 18	FREIES TRAINING 20:00 - 23:00	KRAV MAGA 19:30 - 20:30 / Thomas 18	MMA LIGHT 19:30 - 20:30 / Alex F	KRAV MAGA 19:00 - 20:00 / Thomas 18	BJJ FREIES ROLLEN 12:00 - 14:00 / Armin Nur nach Absprache	
	FREIES TRAINING 20:30 - 23:00		FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:00 - 22:00	FREIES TRAINING 12:00 - 16:00	

DOJO	FREIES TRAINING 08:00 - 11:30	FREIES TRAINING 08:00 - 16:30	FREIES TRAINING 08:00 - 11:30	FREIES TRAINING 06:30 - 10:00	FREIES TRAINING 08:00 - 16:00	FREIES TRAINING 09:00 - 10:00	FREIES TRAINING 09:00 - 10:00
	BRAZILIAN JIU-JITSU 11:30 - 12:30 / Leon	KINDER (Siehe Kinderplan) 16:30 - 18:00	BRAZILIAN JIU-JITSU 11:30 - 12:30 / Egi	BJJ NO-GI 10:00 - 11:00 / Dorian	KINDER (Siehe Kinderplan) 16:00 - 18:00	KINDER (Siehe Kinderplan) 10:15 - 14:00	KINDER (Siehe Kinderplan) 10:15 - 13:15
	FREIES TRAINING 12:30 - 15:45	TECHNISCHES KICKBOXEN 18:00 - 19:00 / Mathis F	FREIES TRAINING 12:30 - 16:00	FREIES TRAINING 11:00 - 15:30	BRAZILIAN JIU-JITSU 18:00 - 19:00 / Armin	LEHRGÄNGE 15:00 - 18:00	FREIES TRAINING 13:15 - 15:00
	KINDER (Siehe Kinderplan) 15:45 - 18:45	BRAZILIAN JIU-JITSU Wettkampf 19:30 - 20:30 / Andreas F	KINDER (Siehe Kinderplan) 16:00 - 17:45	KINDER (Siehe Kinderplan) 15:45 - 19:30	BRAZILIAN JIU-JITSU Wettkampf 19:00 - 20:00 / Armin	FREIES TRAINING 18:00 - 20:00	LEHRGÄNGE 15:00 - 18:00
	BRAZILIAN JIU-JITSU 18:45 - 19:45 / Jorge	FREIES TRAINING 20:30 - 23:00	TRICKING Kicks, Salto Training 17:45 - 18:45 / Robin	JU-JUTSU 19:30 - 20:30 / Christopher	FREIES TRAINING 20:15 - 22:00		FREIES TRAINING 18:00 - 20:00
	FITNESS-KICKBOXEN/ THAIBOXEN 19:45 - 20:45 / Maica		BRAZILIAN JIU-JITSU 18:45 - 20:00 / Benjamin	FREIES TRAINING 20:30 - 23:00			
	FREIES TRAINING 20:45 - 23:00		FREIES TRAINING 20:00 - 23:00				

BOX GYM	FREIES TRAINING 08:00 - 12:30	FREIES TRAINING 08:00 - 12:30	FREIES TRAINING 08:00 - 12:30	FREIES TRAINING 06:30 - 15:45	FREIES TRAINING 08:00 - 09:30	FREIES TRAINING 09:00 - 10:00	FREIES TRAINING 09:00 - 10:00
	FITNESS-BOXEN 12:30 - 13:30 / Sami	TECHNISCHES KICKBOXEN 12:30 - 13:30 / Gustavo F	FITNESS-KICKBOXEN 12:30 - 13:30 / Sami	KINDER (Siehe Kinderplan) 15:45 - 17:30	FITNESS-KICKBOXEN 09:30 - 10:30 / Roman	KINDER (Siehe Kinderplan) 10:00 - 13:00	EINSTEIGER- BOXEN/KICKBOXEN 10:00 - 11:00 / Aironas ★
	FREIES TRAINING 13:30 - 16:30	FREIES TRAINING 13:30 - 17:15	FREIES TRAINING 13:30 - 16:30	FITNESS-BOXEN 17:30 - 18:30 / Shady	FREIES TRAINING 10:30 - 16:30	FREIES TRAINING 13:00 - 20:00	FREIES TRAINING 11:00 - 12:00
	KINDER (Siehe Kinderplan) 16:30 - 18:30	FITNESS-BOXEN 17:15 - 18:15 / Shady	KINDER (Siehe Kinderplan) 16:30 - 17:30	KALI/JKD/SILAT 18:30 - 19:30 / Henning	KINDER (Siehe Kinderplan) 16:15 - 18:00		FITNESS-KICKBOXEN 12:15 - 13:15 / Dima
	KALI 18:30 - 19:30 / Finn	TECHNISCHES BOXEN 18:30 - 19:30 / Zeki F	FITNESS-BOXEN 17:30 - 18:30 / Roman	FREIES TRAINING 19:30 - 23:00	TECHNISCHES BOXEN 18:30 - 19:30 / Ayhan F		FREIES TRAINING 13:15- 20:00
	JEET KUNE DO 19:30 - 20:30 / Finn	BOXEN TECHNIK & SPARRING 19:30 - 20:30 / Zeki F	FITNESS-KICKBOXEN 18:45 - 19:45 / René		FREIES TRAINING 19:00 - 22:00		
16	AB 16 JAHRE Dieser Kurs eignet sich für alle Teilnehmer ab 16 Jahre.	FREIES TRAINING 20:30 - 23:00	FITNESS-KICKBOXEN 20:30 - 21:30 / Antony	EINSTEIGER- BOXEN/KICKBOXEN 19:45 - 20:45 / René ★			
18	AB 18 JAHRE Dieser Kurs eignet sich für alle Teilnehmer ab 18 Jahre.	FREIES TRAINING 21:30 - 23:00	FREIES TRAINING 20:45 - 23:00				

BLOCK A	FREIES TRAINING 08:00 - 16:00	FREIES TRAINING 08:00 - 09:30	FREIES TRAINING 08:00 - 16:00	FREIES TRAINING 06:30 - 09:30	BRAZILIAN JIU-JITSU 08:30 - 09:30 / Colin	WURFTRAINING BJJ 09:00 - 10:00 / Mo	FREIES TRAINING 09:00 - 10:00
	KINDER (Siehe Kinderplan) 16:00 - 17:45	FITNESS-BOXEN 09:30 - 10:30 / Gustavo	KINDER (Siehe Kinderplan) 16:30 - 18:30	FITNESS-KICKBOXEN 09:30 - 10:30 / Gustavo	FREIES TRAINING 09:30 - 12:30	FITNESS-KICKBOXEN 10:00 - 11:00 / Gustavo	KINDER (Siehe Kinderplan) 10:00 - 10:45
	BJJ NO-GI 17:45 - 18:45 / Leon	FREIES TRAINING 10:30 - 16:30	JU-JUTSU 18:30 - 19:30 / Cornelius	FREIES TRAINING 10:30 - 12:30	FITNESS-BOXEN 12:30 - 13:30 / Roman	TECHNISCHES-BOXEN 11:00 - 12:00 / Gustavo F	BRAZILIAN JIU-JITSU 11:00 - 12:00 / Jorge
	BJJ NO-GI 19:00 - 20:00 / Leon	KINDER (Siehe Kinderplan) 16:30 - 17:30	FITNESS-KICKBOXEN/ THAIBOXEN 19:45 - 20:45 / Sven	FITNESS-BOXEN 12:30 - 13:30 / Gustavo	FREIES TRAINING 13:30 - 16:00	TECHNISCHES KICKBOXEN 12:15 - 13:15 / Amir F	BRAZILIAN JIU-JITSU Fundamentals 12:00 - 13:00 / Jorge
	FITNESS-KICKBOXEN Kicktraining 20:00 - 21:00 / Emanuel	BRAZILIAN JIU-JITSU 17:30 - 18:30 / Andreas	FREIES TRAINING 20:45 - 23:00	FREIES TRAINING 13:30 - 16:15	KINDER (Siehe Kinderplan) 16:00 - 17:00	FITNESS-KICKBOXEN 13:30 - 14:30 / Amir	FRAUEN BJJ Am 2. & 4. Sonntag des Monats 13:15 - 14:30 / Emilia/Miru ★
	FREIES TRAINING 21:00 - 23:00	BJJ NO-GI 18:30 - 19:30 / Andreas		KINDER (Siehe Kinderplan) 16:15 - 18:00	TECHNISCHES KICKBOXEN 17:30 - 18:30 / Ayhan G F	EINSTEIGER- BOXEN/KICKBOXEN 14:30 - 15:30 / Amir ★	FREIES TRAINING 14:30 - 20:00
		FITNESS-BOXEN 19:30 - 20:30 / Jenny		BRAZILIAN JIU-JITSU Fundamentals 18:00 - 19:00 / Armin ★	EINSTEIGER- BOXEN/KICKBOXEN 18:30 - 19:30 / Sven ★	FREIES TRAINING 15:30 - 20:00	
		FREIES TRAINING 20:30 - 23:00		BJJ NO-GI 19:00 - 20:00 / Armin	FITNESS-KICKBOXEN 19:30 - 20:30 / Sven		
				BRAZILIAN JIU-JITSU Wettkampf 20:00 - 21:00 / Jorge	FREIES TRAINING 20:30 - 22:00		
				FREIES TRAINING 21:00 - 23:00			

DOCK	FITNESS-KICKBOXEN 17:30 - 18:30 / Ayhan	KINDER (Siehe Kinderplan) 16:15 - 18:15	BJJ NO-GI 17:30 - 18:45 / Dorian	JU-JUTSU FIGHTING Wettkampftraining/Nur mit Anmeldung 17:00 - 18:30 / Artur W	BJJ NO-GI 16:30 - 18:00 / Simón	JU-JUTSU FIGHTING (Jugend) Ab 14 J. Wettkampftraining/Nur mit Anmeldung 09:00 - 12:00 / Artur W	YOGA 10:00 - 11:00 / Thalea
	TECHNISCHES-BOXEN 18:45 - 19:45 / Ayhan F	FRAUEN-KICKBOXEN 18:15 - 19:15 / Jenny	SPARRING Boxen/Kickboxen Wettkampftraining/Nur mit Anmeldung 18:45 - 20:15 Roman / Ayhan W	FITNESS-KICKBOXEN 18:30 - 19:30 / Sami	KINDER (Siehe Kinderplan) 18:00 - 19:00		TECHNISCHES KICKBOXEN 11:15 - 12:15 / Aironas F
	BRAZILIAN JIU -JITSU Fundamentals 20:00 - 21:00 / Jorge ★	EINSTEIGER- BOXEN/KICKBOXEN 19:15 - 20:15 / Antony ★	SPARRING Boxen / Kickboxen 20:15 - 21:15 / Amir F	TECHNISCHES BOXEN 19:30 - 20:30 / Sami F	KICKBOXEN TECHNIK & EINSTEIGER SPARRING 19:00 - 20:15 / Roman G F	KINDER (Siehe Kinderplan) 13:00 - 14:00	FREIES TRAINING 12:15 - 16:00
	FREIES TRAINING 20:45 - 23:00	FREIES TRAINING 20:15 - 23:00	FREIES TRAINING 21:15 - 23:00	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:15- 22:00	FREIES TRAINING 14:00 - 16:00	

STUDIO	FREIES TRAINING 08:00 - 18:45	FREIES TRAINING 08:00 - 23:00	FREIES TRAINING 08:00 - 23:00	FREIES TRAINING 06:30 - 17:30	FREIES TRAINING 08:00 - 22:00	FREIES TRAINING 09:00 - 20:00	FREIES TRAINING 09:00 - 20:00
	EINSTEIGER- BOXEN/KICKBOXEN 18:45 - 19:45 / Jordan ★			FITNESS-KICKBOXEN 17:30 - 18:30 / Dima		KINDER (Siehe Kinderplan) 17:00 - 18:00	
	FREIES TRAINING 19:45 - 23:00			FREIES TRAINING 18:30 - 23:00			

WERKSHALLE	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 08:00 - 18:00	FREIES TRAINING 08:00 - 09:30	HYROX 07:00 - 08:00 / Lea 16	FREIES TRAINING 08:00 - 17:00	FREIES TRAINING 09:00 - 11:30	FREIES TRAINING 09:00 - 12:45
	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Aleks 16	ATHLETICS Movement 17:15 - 18:15 / Alona 16	FUNCTIONAL TRAINING HIIT / High Intensity 09:30 - 10:30 / Roman 16	FREIES TRAINING 08:00 - 17:00	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Aleks 16	FUNCTIONAL TRAINING Core 11:30 - 12:30 / Jenny R. 16	FUNCTIONAL TRAINING HIIT / High Intensity 12:45 - 13:45 / Jenny R. 16
	FUNCTIONAL TRAINING Core 18:15 - 19:15 / Aleks 16	FUNCTIONAL TRAINING HIIT / High Intensity 18:15 - 19:15 / Alona 16	FREIES TRAINING 10:30 - 17:00	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Jana 16	FUNCTIONAL TRAINING HIIT / High Intensity 18:00 - 19:00 / Aleks 16	FREIES TRAINING 12:30 - 20:00	FREIES TRAINING 13:45 - 20:00
	HYROX 19:30 - 20:30 / Jana 16	HYROX 19:30 - 20:30 / Alona 16	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Aleks 16	HYROX 18:15 - 19:15 / Jana 16	HYROX 19:00 - 20:00 / Jana 16		
	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:30 - 23:00	HYROX 18:15 - 19:15 / Lena 16	FUNCTIONAL TRAINING Core 19:30 - 20:30 / Zeki 16	FREIES TRAINING 20:00 - 22:00		
			FUNCTIONAL TRAINING HIIT / High Intensity 19:30 - 20:30 / Aleks 16	FREIES TRAINING 20:30 - 23:00			