

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
CAGE	KINDER (Siehe Kinderplan) 17:00 - 18:30	KINDER (Siehe Kinderplan) 16:00 - 18:45	BJJ NO-GI 17:15 - 18:15 / Dorian	KINDER (Siehe Kinderplan) 17:00 - 18:00	FREIES TRAINING 08:00 - 22:00	BRAZILIAN JIU-JITSU 10:00 - 11:00 / Benjamin	KINDER (Siehe Kinderplan) 11:00 - 13:00
	EINSTEIGER KRAV MAGA (16) 18:30 - 19:30 / Jaci	EINSTEIGER KRAV MAGA (16) 19:00 - 20:00 / Manuel	KRAV MAGA (18) 18:30 - 19:30 / Heiner	KICKBOXEN TECHNIK & SPARRING (F) 18:30 - 19:30 / Mathis		BJJ NO-GI 11:00 - 12:00 / Benjamin	FREIES TRAINING 13:00 - 16:00
	KRAV MAGA (18) 19:30 - 20:30 / Jaci	KRAV MAGA (18) 20:00 - 21:00 / Manuel	KRAV MAGA (18) 19:30 - 20:30 / Heiner	MMA LIGHT (F) 19:30 - 20:30 / Alex		BJJ FREIES ROLLEN 12:00 - 14:00 / Armin Nur nach Absprache	
	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 21:00 - 23:00	FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 20:30 - 23:00		FREIES TRAINING 14:00 - 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	TECH. KICKBOXEN (F) 18:00 - 19:00 / Mathis	FREIES TRAINING 12:30 - 16:00	FREIES TRAINING 11:00 - 15:30	BRAZILIAN JIU-JITSU Einsteiger 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 / Heiko	KINDER (Siehe Kinderplan) 16:00 - 17:45	KINDER (Siehe Kinderplan) 15:45 - 19:30	BRAZILIAN JIU-JITSU 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
	BRAZILIAN JIU -JITSU Einsteiger 19:45 - 20:45 / Jorge		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	TECH. KICKBOXEN (F) 12:30 - 13:30 / Gustavo	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	KINDER (Siehe Kinderplan) 11:00 - 13:00
	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		FREIES TRAINING 13:00 - 20:00
KALI 18:30 - 19:30 / Finn	TECHNISCHES BOXEN (F) 18:30 - 19:30 / Zeki	FITNESS-KICKBOXEN 18:45 - 19:45 / René	FREIES TRAINING 19:30 - 23:00	TECHNISCHES BOXEN (F) 18:30 - 19:30 / Ayhan	FREIES TRAINING 19:00 - 22:00		
JEET KUNE DO 19:30 - 20:30 / Finn	BOXEN TECHNIK & SPARRING (F) 19:30 - 20:30 / Zeki	EINSTEIGER-BOXEN/KICKBOXEN 19:45 - 20:45 / René					
FREIES TRAINING 20:30 - 23:00	FREIES TRAINING 21:30 - 23:00	FREIES TRAINING 20:45 - 23:00					
KONTAKT	Stufe 1: Training ohne oder mit sehr wenig Kontakt. Stufe 2: Training mit Kontakt – volle Schutzausrüstung erforderlich. Stufe 3: Training mit intensivem Kontakt volle Schutzausrüstung erforderlich.						
	KRAFT & AUSDAUER						
	KOMPLEXITÄT						
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 (F) 11:00 - 12:00 / Gustavo	BRAZILIAN JIU-JITSU 11:00 - 12:00 / Jorge
	BJJ NO-GI 19:00 - 20:00 / Leon	KINDER (Siehe Kinderplan) 16:30 - 17:30	TECH. KICKBOXEN/THAIBOXEN (F) 19:45 - 20:45 / Sven	FITNESS-BOXEN 12:30 - 13:30 / Gustavo	FREIES TRAINING 13:30 - 16:00	TECH. KICKBOXEN (F) 12:15 - 13:15 / Amir	BRAZILIAN JIU-JITSU Einsteiger 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 Jeden 2. & 4. Sonntag 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	TECH. KICKBOXEN (F) 17:30 - 18:30 / Ayhan	FREIES TRAINING 14:30 - 20:00	FREIES TRAINING 14:30 - 20:00
	FITNESS-KICKBOXEN 20:00 - 21:00 / Antony		BRAZILIAN JIU-JITSU Einsteiger 18:00 - 19:00 / Armin	EINSTEIGER-BOXEN/KICKBOXEN 18:30 - 19:30 / Sven			
	FREIES TRAINING 21:00 - 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	FITNESS-BOXEN 17:30 - 18:30 / Roman	JU-JUTSU FIGHTING Wettkampftraining/Nur mit Anmeldung 17:00 - 18:30 / Artur	BJJ NO-GI 16:30 - 18:00 / Simón	JU-JUTSU FIGHTING W (Jugend) Ab 14 J. Wettkampftraining/Nur mit Anmeldung 09:00 - 12:00 / Artur	YOGA 10:00 - 11:00 / Thalea
	TECHNISCHES BOXEN (F) 18:45 - 19:45 / Ayhan	FRAUEN-KICKBOXEN 18:15 - 19:15 / Miru	SPARRING (W) (F) Boxen/Kickboxen Wettkampftraining/Nur mit Anmeldung 18:45 - 20:15 Roman / Ayhan	FITNESS-KICKBOXEN 18:30 - 19:30 / Sami	KINDER (Siehe Kinderplan) 18:00 - 19:00		TECH. KICKBOXEN (F) 11:15 - 12:15 / Aironas
	FITNESS-KICKBOXEN/THAIBOXEN 19:45 - 20:45 / Maica	FREIES TRAINING 19:15 - 23:00	SPARRING EINSTEIGER/FORTGESCHRITEN (F) Boxen / Kickboxen 20:15 - 21:15 / Amir	TECHNISCHES BOXEN (F) 19:30 - 20:30 / Sami	KICKBOXEN TECHNIK & EINSTEIGER SPARRING (F) 19:00 - 20:15 / Roman	KINDER (Siehe Kinderplan) 13:00 - 14:00	FITNESS-KICKBOXEN 12:30 - 13:30 / Dima
	FREIES TRAINING 20:45 - 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	FREIES TRAINING 13:30 - 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 - 17:00	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	FITNESS-BOXEN 17:00 - 18:00 / Roman		
	FREIES TRAINING 19:45 - 23:00			FREIES TRAINING 18:30 - 23:00	FREIES TRAINING 17:00 - 22:00		
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	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	ATHLETICS & MOVEMENT 18:00 - 19:00 / Jo	FUNCTIONAL TRAINING HIIT / High Intensity 09:30 - 10:30 / Roman	FREIES TRAINING 08:00 - 17:00	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Aleks	FUNCTIONAL TRAINING Core 11:30 - 12:30 / Jenny R.	FUNCTIONAL TRAINING HIIT / High Intensity 12:45 - 13:45 / Jenny R.
	FUNCTIONAL TRAINING Core 18:15 - 19:15 / Aleks	HYROX 19:15 - 20:15 / Thalea	FREIES TRAINING 10:30 - 17:00	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Thalea	FUNCTIONAL TRAINING HIIT / High Intensity 18:00 - 19:00 / Aleks	FREIES TRAINING 12:30 - 20:00	FREIES TRAINING 13:45 - 20:00
	HYROX 19:30 - 20:30/Thalea/Lena	FREIES TRAINING 20:15 - 23:00	FUNCTIONAL TRAINING HIIT / High Intensity 17:00 - 18:00 / Aleks	HYROX 18:15 - 19:15 / Thalea	HYROX 19:15 - 20:15 / Nina		
	FREIES TRAINING 20:30 - 23:00		HYROX 18:15 - 19:15 / Lena	FUNCTIONAL TRAINING Core 19:30 - 20:30 / Zeki	FREIES TRAINING 20:00 - 22:00		
		FUNCTIONAL TRAINING HIT / High Intensity 19:30 - 20:30 / Aleks	FREIES TRAINING 20:30 - 23:00				