

	MO	DI	MI	DO	FR	SA	SO
h							
07			07.00–08.30 Brazilian Jiu-Jitsu				
08							
09							
10	09.30–11.00 Kick-Thai Boxen	09.30–11.00 Luta-Livre	09.45–10.45 Yoga	09.30–11.00 Kick-Thai Boxen	09.30–11.00 Luta-Livre		
11							
12	12.00–14.00 Open Gym		12.00–14.00 Open Gym		12.00–14.00 Open Gym	11.30–12.30 S&C / Zirkel 12.00–14.30 Open Mat	
13						12.30–14.00 BJJ Drill & Roll 13.00–14.30 Faustkunst	13.00–14.30 Luta-Livre Basics
14							
15							
16							
17		16.30–17.30 Kids		16.30–17.30 Kids			
18	17.30–18.00 Gymnastik	17.30–18.30 Jugend	17.30–18.00 Gymnastik 18.00–19.30 Kick-Thai Boxen	17.30–18.30 Jugend	17.00–17.30 Gymnastik 17.30–18.30 BJJ Basics	17.30–18.30 Striking Pad Work	
19	18.00–19.00 Kick-Thai Boxen Basic & Advanced	18.00–19.00 S&C / Zirkel	18.00–19.00 Lady's Fighting	18.00–19.30 Brazilian Jiu-Jitsu	18.30–19.30 Kettlebell Mixed 19.00–21.30 Jeet Kune Do	18.30–20.00 Luta-Livre	
20	19.00–20.00 Kick-Thai Boxen Sparring	19.00–20.00 Kettlebell RKC	19.00–20.30 Jeet Kune Do	19.00–20.00 Kettlebell RKC	19.30–21.00 Kick-Thai Boxen Advanced		
21	20.00–21.30 Brazilian Jiu-Jitsu	20.00–21.00 Kettlebell Mixed	19.30–21.00 MMA	20.00–21.00 Kettlebell Advanced			

