

MATTE 1 SPIEGEL							
	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06.00-07.15							BJJ/LutaLivre Patrick
10.00-11.15						MMA/Grappling LutaLivre Simo	MMA/Grappling LutaLivre Simo
10.30-11.45	Kickboxen Alex M.	Kick-Thaiboxen Roman	MMA Patrick	Kick-Thaiboxen Sven	MMA Sven		
M I T T A G							
13.30-14.30						Kick-Thaiboxen Roman	
14.30-15.15						Kids alle Kickboxen Marko	
15.15-16.00						Kids alle Kickboxen Marko	
15.30-16.15	Kids 4y-6y Eagles Diego	Kids 4y-6y Eagles Diego	Kids 4y-6y Eagles Roman	Kids 4y-6y Eagles Sven	Kids 4y-6y Eagles Sven		
16.15-17.00	Kids 4y-11y BJJ NoGi Diego	Kids 7y-11y BJJ NoGi Diego	Kids 7y-11y Kickboxen Roman	Kids 7y-11y Karate Sven	Kids 7y-11y Kickboxen Sven		
17.00-18.00	Kids 12y-15y BJJ NoGi Rene	Kids 12y-15y BJJ NoGi Diego	Kids 12y-15y BJJ NoGi Rene	Kids 12y-15y Karate Sven	Kids 12y-15y Kickboxen Alex M.		
18.00-19.00	Kick-Thaiboxen Etti	Kick- Thaiboxen Alex M.	Kick-Thaiboxen Alex M.	MMA Sven	MMA Kickbox Sparring Alex M.		
19.00-20.00	MMA/Grappling LutaLivre Diego	MMA/Grappling LL-Sparring Selvin	Boxen Alex M.	MMA/Grappling LutaLivre Diego	BJJ/LutaLivre freies Rollen		
19.15-20.30				Silberrücken Alex			
20.00-21.15	BJJ Pascal	MMA Markus	MMA Etti				

MATTE 2							
	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.30-11.45	BJJ Patrick	MMA/Grappling LutaLivre Patrick	BJJ/LutaLivre freies Rollen	MMA/Grappling LutaLivre Peter			
M I T T A G							
14.30-15.30						Kick-Thaiboxen Frauen Roman	
17.00-18.00		Kids 12y-15y Kickboxen Lukas					
20.00-21.15	KravMaga Oli	MMA/Ringen Rene	BJJ Pascal	Bjj Diego	Kravmaga Oli		