

TRAININGSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
17:00 - 18:00 Jugend-Training	16:30 - 17:30 Kinder-Training	17:00 - 18:00 Jugend-Training	16:30 - 17:30 Kinder-Training	16:30 - 17:30 Kinder-Training	11:00 - 12:00 Open Mat
18:00 - 19:00 Kickboxen	18:00 - 19:00 MMA	18:00 - 19:00 Kickboxen	18:00 - 19:00 MMA	17:30 - 18:30 Jugend-Training	
19:00 - 20:00 Grappling Beginner	19:15 - 20:15 Boxen Fundamentals	18:30 - 19:30 Boxen Fundamentals	19:15 - 20:15 Boxen Fundamentals	18:00 - 19:00 Boxen Pro	
19:00 - 20:00 Boxen Fundamentals	19:15 - 20:15 Grappling Beginner	19:30 - 20:30 Boxen Pro	19:15 - 20:15 Grappling Beginner	19:00 - 20:00 MMA/Grappling Aufgabensparring	
19:00 - 20:00 MMA Competition Class	20:30 - 21:30 Grappling Pro	19:30 - 20:30 Grappling Beginner	20:15 - 21:15 Grappling Pro		
20:00 - 21:00 Grappling Pro					
20:00 - 21:00 Boxen Pro					