

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Open Gym ALL 10:00 – 12:00	Open Gym ALL 10:00 – 12:00	Open Gym ALL 10:00 – 12:00	Open Gym ALL 10:00 – 12:00	Open Gym ALL 10:00 – 12:00	OPEN MAT GRAPPLING 12:00 – 13:30	
Kids Boxen & Kickboxen 16:00 – 17:00	Kids Grappling & MMA 16:00 – 17:00		Kids Boxen & Kickboxen 16:00 – 17:00	Kids Grappling & MMA 16:00 – 17:00	SPARRING 13:30– 15:00	
MMA Beginner 17:00 – 18:30	Boxen Beginner 17:00 – 18:30	MMA Beginner 17:00 – 18:30	MMA Striking 17:00 – 18:30	MMA Striking 17:00 – 18:30		
Boxen Advanced 18:30– 20:00	MMA Striking 18:30 – 20:00	Boxen Advanced 18:30 – 20:00	Boxen Beginner 18:30 – 20:00	Boxing Advanced 18:30 – 20:00		
Grappling 20:00 – 21:30	MMA Advanced 20:00 – 21:30	Grappling 20:00 – 21:30	MMA Advanced 20:00 – 21:30	MMA Advanced 20:00 – 21:30		