

	MO	DI	MI	DO	FR	SA	SO
7	Personal Training	Personal Training	07.00–08.30 Brazilian Jiu-Jitsu	Personal Training	Personal Training	Personal Training	
8		08.30–09.30 Bare Movement Outdoor*		08.30–09.30 Bare Movement Outdoor*			
9	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	10.00–11.00 Yoga	
10							
11						11.30–12.30 MMA Striking	
12						12.30–13.30 S&C / Zirkel	
13						13.00–14.30 Faustkunst	12.30–14.00 BJJ Drill & Roll
14	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	13.00–14.30 Luta-Livre
15							
16							
17		16.30–17.30 Kids	16.30–18.30 Open Gym	16.30–17.30 Kids	16.30–18.00 Open Gym	17.00–17.30 Gymnastik	
18	17.30–18.00 Gymnastik	17.30–18.30 Jugend	17.30–18.00 Gymnastik	17.30–18.30 Jugend	17.30–18.30 Striking Padwork	17.30–18.30 Grappling Fundamentals	
19	18.30–19.30 Gymnastics & Strength*	18.30–19.30 S&C / Zirkel	18.30–20.00 Kick-Thai Boxen (Advanced)	18.00–19.30 BJJ Basics	18.00–19.00 Gymnastics & Strength*	18.30–19.30 Kettlebell	
20	20.00–21.00 Kettlebell	19.30–21.00 Kick-Thai Boxen	19.00–20.30 JKD	20.00–21.00 Kettlebell Advanced	19.30–21.00 Kick-Thai Boxen (Basics)	19.00–20.30 JKD	
21		20.00–21.30 BJJ	19.30–21.00 Kick-Thai Boxen				

*Sonderkurs. Nicht in der Mitgliedschaft enthalten.

