

## Montag

- BadAss Fitness 08:00 - 09:00  
*mit Robert*
- BJJ No Gi - All Levels 09:30 - 11:00  
*mit Felipe*
- Muay Thai - All Levels 10:00 - 11:00  
*mit Eike*
- BJJ Gi/ No Gi - Free Sparring 11:00 - 12:00  
*mit Felipe*
- BadAss Fitness 11:00 - 12:00  
*mit Robert*
- BJJ Gi - All Levels 12:00 - 13:30  
*mit Felipe*
- BJJ KIDS 17:00 - 18:00  
*mit Felipe*
- MMA Standup 17:30 - 19:00  
*mit Saman*
- BJJ Gi - All Levels 18:00 - 19:30  
*mit Felipe*
- EXTERN (Tae Kwon Do) 19:00 - 21:00  
*mit Großmeister Kang*
- BJJ No Gi - All Levels 19:30 - 21:00  
*mit Ulf/Felipe*

## Dienstag

- BadAss Fitness 07:00 - 08:00  
*mit Linda*
- BJJ No Gi - Basics 10:00 - 11:00  
*mit Felipe*
- MMA - All Levels

	<i>mit Ulf</i>	10:00 - 11:00
■	BJJ No Gi - Advanced <i>mit Felipe</i>	11:00 - 12:30
■	Badass Fitneß - Balls of Steel <i>mit Ulf</i>	11:00 - 12:00
■	MMA - All Levels <i>mit Ulf/Eike</i>	17:30 - 19:00
■	BJJ No Gi - Advanced <i>mit Felipe</i>	18:00 - 19:30
■	Muay Thai - Basics <i>mit Eike</i>	19:00 - 20:00
■	BJJ No Gi - Basics <i>mit Felipe</i>	19:30 - 21:00
■	Muay Thai - All Levels <i>mit Eike</i>	20:00 - 21:30
■	Badass Fitness <i>mit Robert</i>	21:00 - 22:00

## Mittwoch

■	BadAss Fitness <i>mit Robert</i>	08:00 - 09:00
■	MMA Standup - All Levels <i>mit Saman</i>	10:00 - 11:00
■	BJJ Gi - All Levels <i>mit Felipe</i>	10:30 - 12:00
■	BadAss Fitness <i>mit Robert</i>	11:00 - 12:00
■	BJJ No Gi - All Levels <i>mit Felipe</i>	12:00 - 13:30
■	BJJ KIDS	

*mit Felipe*

17:00 - 18:00

- BJJ Gi - All Levels

18:00 - 19:30

*mit Felipe*

- MMA - Basics

18:00 - 19:00

*mit Olli*

- MMA - Basics

18:00 - 19:00

*mit Olli*

- MMA Bodenkampf - Basics

19:00 - 20:00

*mit Olli/Ulf*

- EXTERN (Tae Kwon Do)

19:30 - 21:30

*mit Großmeister Kang*

- MMA - Advanced SPARRING

20:00 - 21:30

*mit Ulf/Eike*

## Donnerstag

- BJJ Gi - Basics

09:00 - 10:00

*mit Felipe*

- BJJ Gi - Advanced mit Felipe

10:00 - 11:30

*mit Felipe*

- MMA - All Levels

10:00 - 11:00

*mit Eike*

- Badass Fitneß - Balls of Steel

11:00 - 12:00

*mit Luca*

- BJJ KIDS

17:00 - 18:00

*mit Felipe*

- BJJ Gi - Basics

18:00 - 19:30

*mit Felipe*

- Muay Thai Basics

18:00 - 19:00

*mit Gemma*

- Ringen - Basics

*mit Jens/Ahmad*

19:00 - 20:00

- BJJ Gi - Advanced

19:30 - 21:00

*mit Felipe*

- Muay Thai - Advanced

20:00 - 21:30

*mit Eike*

- Muay Thai - Advanced

20:00 - 21:30

*mit Eike*

- Badass Fitness

21:00 - 22:00

*mit Robert*

## Freitag

- BadAss Fitness

07:00 - 08:00

*mit Robert*

- BadAss Fitness

08:00 - 09:00

*mit Robert*

- Kick Ass Yoga

09:00 - 10:00

*mit Jelena*

- Muay Thai - All Levels

10:00 - 11:00

*mit Eike*

- BJJ Gi - All Levels

10:30 - 12:00

*mit Felipe*

- BadAss Fitness

11:00 - 12:00

*mit Robert*

- BJJ Gi/ No Gi - Free Sparring

12:00 - 13:00

*mit Felipe*

- MMA - All Levels

17:00 - 18:00

*mit Ulf*

- BJJ No Gi - All Levels

17:00 - 18:00

*mit Felipe*

- MMA - Basics

*mit Ulf*

18:00 - 19:30

- MMA Ringen - Advanced

18:00 - 19:30

*mit Jens/Ulf*

- EXTERN (Karate)

19:30 - 21:30

*Makotokai Karate*

- EXTERN (Tae Kwon Do)

19:30 - 21:30

*mit Großmeister Kang*

## Samstag

- Combat Ladies

11:00 - 12:00

*mit Sonja*

- MMA Standup - All Levels

11:00 - 12:30

*mit Idir*

- MMA - Advanced SPARRING

12:30 - 14:00

*mit Ulf*

## Sonntag

- BJJ Gi - Drills

14:00 - 15:00

*mit Felipe*

- Badass Fitneß - Balls of Steel

14:00 - 15:00

*mit Ulf*

- Open Mat

15:00 - 16:30