

UNSER KURSPLAN / OUR SCHEDULE

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | | | |
|-------|-------------------------|----------------------------|-------------------------|------------------------------|-------------------------|-----------------------|--------------------------------|---------------------------------------|-----------------|-------|
| 7:00 | | Animal Flow & Conditioning | | | BadAss Fitness | | | 7:00 | | |
| 7:30 | | | | | | | | 7:30 | | |
| 8:00 | BadAss Fitness | Animal Flow & Conditioning | BadAss Fitness | Animal Flow & Conditioning | BadAss Fitness | | | 8:00 | | |
| 8:30 | | | | | | | | 8:30 | | |
| 9:00 | | | | | KickAss Yoga | | | 9:00 | | |
| 9:30 | | BJJ - NoGi Basics | | BJJ - Gi Basics | | | | 9:30 | | |
| 10:00 | Muay Thai All Level | BJJ - NoGi Intermediate | MMA Ground All Level | MMA StandUp All Level | Muay Thai All Level | | | 10:00 | | |
| 10:30 | | | | | | | | 10:30 | | |
| 11:00 | BadAss Fitness | BJJ Gi Takedowns | BJJ - NoGi Intermediate | BadAss Fitness | BJJ - Gi Intermediate | BJJ - Gi Intermediate | MMA StandUp All Level | 11:00 | | |
| 11:30 | | | | | | | EXTERNER KURS Combat Ladies | 11:30 | | |
| 12:00 | | Lunch Class | | Lunch Class | | | | 12:00 | | |
| 12:30 | | BJJ - Gi Intermediate | | | BJJ - NoGi Intermediate | MMA Ground All Level | | 12:30 | | |
| 13:00 | | | | | | | | 13:00 | | |
| 13:30 | | | | | | | | 13:30 | | |
| 14:00 | | | | | | Workshops / Seminars | Balls of Steel | BJJ - Gi Drills | 14:00 | |
| 14:30 | | | | | | | OPEN MAT | | 14:30 | |
| 15:00 | | | | | | | Grappling only / Sparring only | | 15:00 | |
| 15:30 | | | | | | | | | 15:30 | |
| 16:00 | | | | | | | | 16:00 | | |
| 16:30 | | | | | | | | 16:30 | | |
| 17:00 | EXTERNER KURS Taekwondo | BJJ Kids | Muay Thai Kids | EXTERNER KURS Taekwondo | BJJ Kids | Muay Thai Kids | BJJ Kids | EXTERNER KURS BJJ - NoGi Intermediate | 17:00 | |
| 17:30 | | | | | | | | | 17:30 | |
| 18:00 | Taekwondo | BJJ - Gi Basics | MMA Ground Basics | Taekwondo | MMA Ground Basics | Muay Thai Basics | BJJ Gi Takedowns | Taekwondo Ringen Advanced | MMA Sparring | 18:00 |
| 18:30 | | | | | | | | | Invitation only | 18:30 |
| 19:00 | MMA StandUp Basics | BJJ - Gi Intermediate | Muay Thai Basics | MMA Ground Advanced | BJJ - Gi Intermediate | BJJ - Gi Basics | MMA StandUp Basics | MMA Ground Basics | | 19:00 |
| 19:30 | | | | | | | | | | 19:30 |
| 20:00 | MMA StandUp Advanced | BadAss Fitness | Muay Thai Advanced | MMA Drills/Sparring Advanced | BJJ - NoGi Intermediate | Muay Thai Advanced | BJJ - NoGi Advanced | MMA StandUp Advanced | | 20:00 |
| 20:30 | | | | | | | | | | 20:30 |
| 21:00 | | | | | | | | | | 21:00 |
| 21:30 | | | | | | | | | | 21:30 |



Öffnungszeiten

Mo - Fr 08:00 - 21:30 Uhr
 Fr 08:00 - 21:00 Uhr
 Sa 11:00 - 14:00 Uhr
 So 12:00 - 17:00 Uhr



Alle weiteren Infos findet ihr auf unserer Website:

www.fenriz-tz.de

Legende

| |
|----------------------------|
| OPEN GYM |
| MMA - Muay Thai - Ringen |
| Gracie Brazilian Jiu Jitsu |
| Fitness - Mobility - Yoga |
| EXTERNER KURS |