

# UNSER KURSPLAN / OUR SCEDULE

	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	MMA Ground 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	BadAss Fitness	BJJ - Gi Intermediate	MMA StandUp All Level	EXTERNER KURS Combat Ladies		11:00		
11:30											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											14:30		
15:00										OPEN MAT		15:00	
15:30										Grappling only / Sparring only		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 Taekwondo	BJJ - NoGi Intermediate		17:00	
17:30												17:30	
18:00		BJJ - Gi Basics	MMA Ground Basics	BJJ - NoGi Basics	Taekwondo	MMA Ground Basics	Muay Thai Basics	BJJ Gi Takedowns	Taekwondo	Ringen Advanced	MMA Sparring <i>Invitation only</i>	18:00	
18:30													18:30
19:00	MMA StandUp Basics	BJJ - Gi Intermediate	Muay Thai Basics	BJJ - NoGi Advanced	MMA Ground Advanced	BJJ - Gi Intermediate	Ringen Basics	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	BJJ - NoGi Basics	MMA Drills/Sparring Advanced	BJJ - NoGi Intermediate	Muay Thai Advanced	Ringen Cagework All Levels	BJJ - Gi 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](http://www.fenriz-tz.de)

## Legende

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