

UNSER KURSPLAN / OUR SCHEDULE

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag					
7:00		Morning Conditioning			BadAss Fitness			7:00				
7:30								7:30				
8:00	BadAss Fitness	Morning Yoga	BadAss Fitness	Morning 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	11:00		
11:30									Combat Ladies	11:30		
12:00		Lunch Fitness	Lunch Mobility	Lunch Fitness						12:00		
12:30		BJJ - Gi Intermediate				BJJ - NoGi Intermediate				12:30		
13:00										13:00		
13:30						Ulf's Masterclass Advanced				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	BJJ Kids	Muay Thai Kids	EXTERNER KURS	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	BJJ - NoGi Basics	Taekwondo	MMA Ground Basics	Muay Thai Basics	Taekwondo	BJJ Gi Takedowns	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	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	MMA StandUp Advanced			20:00	
20:30							Ringen Cagework All Levels	BJJ - Gi Advanced			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