

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 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	11:00			
11:30						MMA StandUp All Level	EXTERNER KURS Combat Ladies	11:30			
12:00		Lunch Class		Lunch Class				12:00			
12:30		BJJ - Gi Intermediate				BJJ - NoGi Intermediate		12:30			
13:00						Ulf's Masterclass		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 Taekwondo	BJJ - NoGi Intermediate	17:00	
17:30										17:30	
18:00		BJJ - Gi Basics	MMA Ground Basics	BJJ - NoGi Basics	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	BJJ - NoGi Advanced	MMA Ground Advanced	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	MMA StandUp Advanced			20:00
20:30							Ringen Cagework All Levels				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