

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	MMA StandUp All Level	EXTERNER KURS Combat Ladies			11:00		
11:30												11:30		
12:00		Lunch Fitness	Lunch Mobility	Lunch Fitness								12:00		
12:30		BJJ - Gi Intermediate				BJJ - NoGi Intermediate		Ulf's Masterclass Advanced		Ulf's Masterclass Advanced		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	MMA Ground Basics	Muay Thai Basics	BJJ Gi Takedowns	Taekwondo	Ringen Advanced	MMA Sparring Invitation only			18:00	
18:30														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													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