

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Atrium Minis I 16:30–17:15	Krav Maga Kids 15:30–16:30	BJJ Kids 16:30–17:30	Atrium Minis I 16:30–17:15	BJJ Kids 16:30–17:30
Atrium Minis II 17:30–18:15	Krav Maga Kids 16:30–17:30	BJJ Teens 17:30–18:30	Atrium Minis II 17:30–18:15	BJJ Teens 17:30–18:30
Krav Maga Kids 16:30–17:30	Krav Maga Teens 17:30–18:30	Boxen 18:30–19:45	Krav Maga Kids 15:30–16:30	BJJ Open Mat 18:30–20:00
Krav Maga Teens 17:30–18:30	Crosstraining 18:00–19:00	K1/Thaiboxen 18:30–20:00	Krav Maga Kids 16:30–17:30	Krav Maga 18:30–19:45
BJJ (No Gi) 18:30–19:45	K1/Thaiboxen 18:30–19:45	Krav Maga 18:30–19:45	Krav Maga Teens 17:30–18:30	K1/Thaiboxen 18:30–19:45
Kickboxen 18:30–19:45	Karate 18:45–20:00	Kickboxen 19:45–21:00	BJJ (Gi) 18:30–19:45	K1/Thaiboxen (advanced) 19:45–20:30
Krav Maga 19:00–20:15	BJJ (Gi) 18:30–20:00	BJJ (Gi) 19:45–21:15	Karate 18:45–20:00	
MMA 19:45–21:00	Karate (advanced) 20:15–21:00		Kickboxen/Boxen (advanced) 19:00–20:15	
Boxen 19:45–21:00	K1/Thaiboxen (advanced) 19:45–20:30		Crosstraining 19:00–20:00	
Krav Maga (advanced) 20:15–21:00	Tae Bo 20:30–21:30		BJJ (No Gi) 19:45–21:00	
			Tae Bo 20:15–21:30	