

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<b>BJJ (No Gi)</b> 18:30–19:45	<b>Crosstraining</b> 18:00–19:00	<b>Boxen</b> 18:30–19:45	<b>BJJ (Gi)</b> 18:30–19:45	<b>BJJ Open Mat</b> 18:30–20:00
<b>Kickboxen</b> 18:30–19:45	<b>K1/Thaiboxen</b> 18:30–19:45	<b>K1/Thaiboxen</b> 18:30–20:00	<b>Karate</b> 18:45–20:00	<b>Krav Maga</b> 18:30–19:45
<b>Krav Maga</b> 19:00–20:15	<b>Karate</b> 18:45–20:00	<b>Krav Maga</b> 18:30–19:45	<b>Kickboxen/Boxen (advanced)</b> 19:00–20:15	<b>K1/Thaiboxen</b> 18:30–19:45
<b>MMA</b> 19:45–21:00	<b>BJJ (Gi)</b> 18:30–20:00	<b>Kickboxen</b> 19:45–21:00	<b>Crosstraining</b> 19:00–20:00	<b>K1/Thaiboxen (advanced)</b> 19:45–20:30
<b>Boxen</b> 19:45–21:00	<b>Karate (advanced)</b> 20:15–21:00	<b>BJJ (Gi)</b> 19:45–21:15	<b>BJJ (No Gi)</b> 19:45–21:00	
<b>Krav Maga (advanced)</b> 20:15–21:00	<b>K1/Thaiboxen (advanced)</b> 19:45–20:30		<b>Tae Bo</b> 20:15–21:30	
	<b>Tae Bo</b> 20:30–21:30			