

Trainingsplan

Zeiten	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09.00-10.00						
10.00-11.00						Open MAT
15.00-16.00	BJJ GI KIDS 7+	KIDS Kickboxen 7+	BJJ NoGI KIDS 7+	KIDS Kickboxen 7+	BJJ GI KIDS 7+	
16.00 - 17.00						mtl. SV Theorie
17.30 - 18.30	Kickboxen Basics	BJJ GI Basics 15+ SV Frauen	BJJ NoGI Basics 15+	Kickboxen Basics	BJJ NoGi Basics 15+	
18.30 - 19.30	BJJ GI intermediate	MMA All Levels	BJJ NoGI intermediate	BJJ GI intermediate	MMA All Levels	
19.30 - 20.30	Kickboxen Advanced	BJJ NoGI Adv. Wettkampf	Wettkampfvorbereitung	BJJ GI Adv. Wettkampf	BJJ NoGi Adv. Wettkampf	