

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<b>CAGE</b>	<b>KINDER</b> (Siehe Kinderplan) 17:00 - 18:30	<b>KINDER</b> (Siehe Kinderplan) 16:45 - 18:45	<b>KINDER</b> (Siehe Kinderplan) 17:00 - 18:00	<b>FITNESS-KICKBOXEN</b> Outdoor im Sommer 17:30 - 18:30 / Dima	<b>FITNESS-BOXEN</b> 17:00 - 18:00 / Roman	<b>WURFTRAINING</b> Für BJJ 09:00 - 10:00 / Mo	<b>KINDER</b> (Siehe Kinderplan) 11:00 - 13:00
	<b>KRAV MAGA EINSTEIGER/ FORTGESCHRITTEN</b> 18:30 - 19:30 / Jaci <b>16</b>	<b>YOGA</b> 19:00 - 20:00 / Dana	<b>EINSTEIGER KRAV MAGA</b> 18:30 - 19:30 / Thomas <b>16</b> ★	<b>KICKBOXEN TECHNIK &amp; SPARRING</b> 18:30 - 19:30 / Gustavo <b>F</b>	<b>FRAUEN KRAV MAGA</b> <b>18</b> 18:00 - 19:00 / Thomas	<b>BRAZILIAN JIU-JITSU</b> 10:00 - 11:00 / Benjamin	<b>FREIES TRAINING</b> 13:00 - 20:00
	<b>KRAV MAGA</b> 19:30 - 20:30 / Jaci <b>18</b>	<b>FREIES TRAINING</b> 20:00 - 23:00	<b>KRAV MAGA</b> 19:30 - 20:30 / Thomas <b>18</b>	<b>MMA LIGHT</b> 19:30 - 20:30 / Alex <b>F</b>	<b>KRAV MAGA</b> <b>18</b> 19:00 - 20:00 / Thomas	<b>BJJ NO-GI</b> 11:00 - 12:00 / Benjamin	
	<b>FREIES TRAINING</b> 20:30 - 23:00		<b>FREIES TRAINING</b> 20:30 - 23:00	<b>FREIES TRAINING</b> 20:30 - 23:00	<b>FREIES TRAINING</b> 20:00 - 22:00	<b>FREIES TRAINING</b> 12:00 - 20:00	
<b>DOJO</b>	<b>FREIES TRAINING</b> 08:00 - 11:30	<b>FREIES TRAINING</b> 08:00 - 16:30	<b>FREIES TRAINING</b> 08:00 - 11:30	<b>FREIES TRAINING</b> 08:00 - 10:00	<b>FREIES TRAINING</b> 08:00 - 16:15	<b>FREIES TRAINING</b> 09:00 - 10:00	<b>FREIES TRAINING</b> 09:00 - 10:00
	<b>BRAZILIAN JIU-JITSU</b> 11:30 - 12:30 / Leon	<b>KINDER</b> (Siehe Kinderplan) 16:30 - 18:00	<b>BRAZILIAN JIU-JITSU</b> 11:30 - 12:30	<b>BJJ NO-GI</b> 10:00 - 11:00 / Dorian	<b>KINDER</b> (Siehe Kinderplan) 16:15 - 18:00	<b>KINDER</b> (Siehe Kinderplan) 10:15 - 14:00	<b>KINDER</b> (Siehe Kinderplan) 10:15 - 13:15
	<b>FREIES TRAINING</b> 12:30 - 14:45	<b>TECHNISCHES KICKBOXEN</b> 18:00 - 19:00 / Mathis <b>F</b>	<b>FREIES TRAINING</b> 12:30 - 14:45	<b>FREIES TRAINING</b> 11:00 - 15:30	<b>BRAZILIAN JIU-JITSU</b> 18:00 - 19:00 / Armin	<b>LEHRGÄNGE</b> 15:00 - 18:00	<b>FREIES TRAINING</b> 13:15 - 15:00
	<b>KINDER</b> (Siehe Kinderplan) 15:00 - 18:45	<b>EINSTEIGER KRAV MAGA</b> 19:00 - 20:00 / Thomas <b>16</b> ★	<b>KINDER</b> (Siehe Kinderplan) 15:00 - 17:45 <b>G F</b>	<b>KINDER</b> (Siehe Kinderplan) 15:45 - 19:45	<b>BRAZILIAN JIU-JITSU</b> Wettkampf 19:00 - 20:00 / Armin	<b>FREIES TRAINING</b> 18:00 - 20:00	<b>LEHRGÄNGE</b> 15:00 - 18:00
	<b>BRAZILIAN JIU-JITSU</b> 18:45 - 19:45 / Jorge	<b>BRAZILIAN JIU-JITSU</b> <b>F</b> Wettkampf 20:00 - 21:00 / Benjamin	<b>TRICKING</b> Kicks, Salto Training 17:45 - 18:45 / Robin	<b>JU-JUTSU</b> 19:30 - 20:30 / Christopher	<b>FREIES TRAINING</b> 20:15 - 22:00		<b>FREIES TRAINING</b> 18:00 - 20:00
<b>FITNESS-KICKBOXEN/ THAIBOXEN</b> 19:45 - 20:45 / Maica <b>F</b>	<b>FREIES TRAINING</b> 21:00 - 23:00	<b>BRAZILIAN JIU-JITSU</b> 18:45 - 20:00 / Benjamin	<b>FREIES TRAINING</b> 20:30 - 23:00				
<b>FREIES TRAINING</b> 20: - 23:00		<b>FREIES TRAINING</b> 20:00 - 23:00					
<b>BOX GYM</b>	<b>FREIES TRAINING</b> 08:00 - 12:30	<b>FREIES TRAINING</b> 08:00 - 12:30	<b>FREIES TRAINING</b> 08:00 - 12:30	<b>FREIES TRAINING</b> 08:00 - 16:30	<b>FREIES TRAINING</b> 08:00 - 09:30	<b>FREIES TRAINING</b> 09:00 - 10:00	<b>FREIES TRAINING</b> 09:00 - 10:00
	<b>FITNESS-BOXEN</b> 12:30 - 13:30 / Sami	<b>TECHNISCHES KICKBOXEN</b> 12:30 - 13:30 / Gustavo <b>F</b>	<b>FITNESS-KICKBOXEN</b> 12:30 - 13:30 / Sami	<b>KINDER</b> (Siehe Kinderplan) 16:30 - 17:30	<b>FITNESS-KICKBOXEN</b> 09:30 - 10:30 / Roman	<b>FITNESS-KICKBOXEN</b> 10:00 - 11:00 / Gustavo	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 10:00 - 11:00 / Aironas
	<b>FREIES TRAINING</b> 13:30 - 16:30	<b>FREIES TRAINING</b> 13:30 - 16:15	<b>FREIES TRAINING</b> 13:30 - 16:30	<b>FITNESS-BOXEN</b> 17:30 - 18:30 / Shady	<b>FREIES TRAINING</b> 10:30 - 16:30	<b>KINDER</b> (Siehe Kinderplan) 11:00 - 13:00	<b>TECHNISCHES-BOXEN</b> <b>F</b> 11:00 - 12:00 / Aironas
	<b>KINDER</b> (Siehe Kinderplan) 16:30 - 18:30	<b>KINDER</b> (Siehe Kinderplan) 16:15 - 18:15	<b>KINDER</b> (Siehe Kinderplan) 16:30 - 17:30	<b>KALI/JKD/SILAT</b> 18:30 - 19:30 / Henning	<b>KINDER</b> (Siehe Kinderplan) 16:30 - 17:30	<b>FREIES TRAINING</b> 13:00 - 20:00	<b>FITNESS-KICKBOXEN</b> 12:15 - 13:15 / Dima
	<b>KALI</b> 18:30 - 19:30 / Finn	<b>TECHNISCHES BOXEN</b> <b>F</b> 18:30 - 19:30 / Zeki	<b>FITNESS-BOXEN</b> 17:30 - 18:30 / Roman	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 19:45 - 20:45 / Aironas	<b>FREIES TRAINING</b> 17:30 - 22:00		<b>FREIES TRAINING</b> 13:15 - 20:00
	<b>JEET KUNE DO</b> 19:30 - 20:30 / Finn	<b>BOXEN TECHNIK &amp; SPARRING</b> <b>F</b> 19:30 - 20:30 / Zeki	<b>FITNESS-KICKBOXEN</b> 18:45 - 19:45 / René	<b>FREIES TRAINING</b> 20:45 - 23:00			
<b>FREIES TRAINING</b> 20:30 - 23:00	<b>FITNESS-KICKBOXEN</b> 20:30 - 21:30 / Antony	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 19:45 - 20:45 / René					
	<b>FREIES TRAINING</b> 21:30 - 23:00	<b>FREIES TRAINING</b> 20:45 - 23:00					
<b>BLOCK A</b>	<b>FREIES TRAINING</b> 08:00 - 16:00	<b>FREIES TRAINING</b> 08:00 - 09:30	<b>FREIES TRAINING</b> 08:00 - 16:00	<b>FREIES TRAINING</b> 08:00 - 09:30	<b>BRAZILIAN JIU-JITSU</b> 08:30 - 09:30 / Colin	<b>FREIES TRAINING</b> 09:00 - 11:00	<b>FREIES TRAINING</b> 09:00 - 10:00
	<b>KINDER</b> (Siehe Kinderplan) 16:00 - 17:45	<b>FITNESS-BOXEN</b> 09:30 - 10:30 / Gustavo	<b>KINDER</b> (Siehe Kinderplan) 15:45 - 17:30	<b>FITNESS-KICKBOXEN</b> 09:30 - 10:30 / Gustavo	<b>FREIES TRAINING</b> 09:30 - 12:30	<b>TECHNISCHES-BOXEN</b> <b>F</b> 11:00 - 12:00 / Gustavo	<b>KINDER</b> (Siehe Kinderplan) 10:00 - 10:45
	<b>BJJ NO-GI</b> 17:45 - 18:45 / Chris	<b>FREIES TRAINING</b> 10:30 - 16:00	<b>FREIES TRAINING</b> 17:30 - 18:30	<b>FREIES TRAINING</b> 10:30 - 12:30	<b>FITNESS-BOXEN</b> 12:30 - 13:30 / Roman	<b>TECHNISCHES KICKBOXEN</b> <b>F</b> 12:15 - 13:15 / Sami	<b>BRAZILIAN JIU-JITSU</b> 11:00 - 12:00 / Jorge
	<b>BJJ NO-GI</b> 19:00 - 20:00 / Chris	<b>KINDER</b> (Siehe Kinderplan) 16:00 - 17:30	<b>JU-JUTSU</b> 18:30 - 19:30 / Cornelius	<b>FITNESS-BOXEN</b> 12:30 - 13:30 / Gustavo	<b>FREIES TRAINING</b> 13:30 - 16:00	<b>FITNESS-KICKBOXEN</b> 13:30 - 14:30 / Roman	<b>BRAZILIAN JIU-JITSU</b> ★ Fundamentals 12:00 - 13:00 / Jorge
	<b>FITNESS-KICKBOXEN</b> Kicktraining 20:00 - 21:00 / Emanuel	<b>BRAZILIAN JIU-JITSU</b> 17:30 - 18:30	<b>FITNESS-KICKBOXEN/ THAIBOXEN</b> 19:45 - 20:45 / Thore	<b>FREIES TRAINING</b> 13:30 - 16:15	<b>KINDER</b> (Siehe Kinderplan) 16:00 - 16:45	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 14:30 - 15:30 / Roman	<b>FREIES TRAINING</b> 13:00 - 20:00
	<b>FREIES TRAINING</b> 21:00 - 23:00	<b>BJJ NO-GI</b> 18:30 - 19:30 / Andreas	<b>FREIES TRAINING</b> 20:45 - 23:00	<b>KINDER</b> (Siehe Kinderplan) 16:15 - 18:00	<b>TECHNISCHES KICKBOXEN</b> 17:30 - 18:30 / Ayhan <b>G F</b>	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 18:30 - 19:30 / Sven	<b>FREIES TRAINING</b> 15:30 - 20:00
	<b>FITNESS-BOXEN</b> 19:30 - 20:30 / Gustavo		<b>BRAZILIAN JIU-JITSU</b> ★ Fundamentals 18:00 - 19:00 / Armin	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 18:30 - 19:30 / Sven			
	<b>FREIES TRAINING</b> 20:30 - 23:00		<b>BJJ NO-GI</b> 19:00 - 20:00	<b>FITNESS-KICKBOXEN</b> 19:30 - 20:30 / Sven	<b>FREIES TRAINING</b> 20:30 - 22:00		
			<b>BRAZILIAN JIU-JITSU</b> Wettkampf 20:00 - 21:00 / Jorge	<b>FREIES TRAINING</b> 20:30 - 22:00			
			<b>FREIES TRAINING</b> 21:00 - 23:00				
<b>DOCK</b>	<b>FREIES TRAINING</b> 08:00 - 17:30	<b>FREIES TRAINING</b> 08:00 - 17:15	<b>FREIES TRAINING</b> 08:00 - 17:30	<b>FREIES TRAINING</b> 08:00 - 17:00	<b>FREIES TRAINING</b> 08:00 - 16:00	<b>JU-JUTSU FIGHTING</b> <b>F</b> (Jugend) Ab 14 J. Wettkampfrtraining/Nur nach Absprache 09:00 - 12:00 / Artur	<b>FREIES TRAINING</b> 09:00 - 10:00
	<b>FITNESS-KICKBOXEN</b> 17:30 - 18:30 / Ayhan	<b>FITNESS-BOXEN</b> 17:15 - 18:15 / Shady	<b>BJJ NO-GI</b> 17:30 - 18:45 / Benjamin	<b>JU-JUTSU FIGHTING</b> <b>F</b> Wettkampfrtraining/Nur nach Absprache 16:00 - 17:00 / Chris	<b>BJJ NO-GI</b> ★ Fundamentals 16:00 - 17:00 / Chris	<b>YOGA</b> 10:00 - 11:00 / Thalea	<b>FREIES TRAINING</b> 11:00 - 20:00
	<b>TECHNISCHES-BOXEN</b> 18:45 - 19:45 / Ayhan <b>F</b>	<b>FRAUEN-KICKBOXEN</b> 18:15 - 19:15 / Jordan	<b>SPARRING</b> <b>F</b> Boxen/Kickboxen 18:45 - 20:15 In Absprache mit den Trainern Roman / Ayhan	<b>FITNESS-KICKBOXEN</b> 18:30 - 19:30 / Aironas	<b>BJJ NO-GI</b> 17:00 - 18:00 / Chris	<b>JU-JUTSU</b> 12:00 - 13:00 / Alex	
	<b>BRAZILIAN JIU -JITSU</b> ★ Fundamentals 20:00 - 21:00 / Jorge	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 19:15 - 20:15 / Antony	<b>EINSTEIGER SPARRING</b> 20:15 - 21:15 / Sami <b>F</b>	<b>TECHNISCHES BOXEN</b> <b>F</b> 19:30 - 20:30 / Sami	<b>KINDER</b> (Siehe Kinderplan) 18:00 - 19:00	<b>KINDER</b> (Siehe Kinderplan) 13:00 - 14:00	
	<b>FREIES TRAINING</b> 20:45 - 23:00	<b>FREIES TRAINING</b> 20:15 - 23:00	<b>FREIES TRAINING</b> 21:15 - 23:00	<b>FREIES TRAINING</b> 20:30 - 23:00	<b>KICKBOXEN TECHNIK</b> <b>G F</b> & <b>EINSTEIGER SPARRING</b> 19:00 - 20:15 / Roman	<b>FREIES TRAINING</b> 14:00 - 20:00	
				<b>FREIES TRAINING</b> 20:00 - 22:00			
<b>STUDIO</b>	<b>FREIES TRAINING</b> 08:00 - 18:45	<b>FREIES TRAINING</b> 08:00 - 23:00	<b>FREIES TRAINING</b> 08:00 - 23:00	<b>FREIES TRAINING</b> 08:00 - 17:00	<b>FREIES TRAINING</b> 08:00 - 18:00	<b>FREIES TRAINING</b> 09:00 - 20:00	<b>FREIES TRAINING</b> 09:00 - 20:00
	<b>EINSTEIGER- BOXEN/KICKBOXEN</b> ★ 18:45 - 19:45 / Jordan			<b>KINDER</b> (Siehe Kinderplan) 17:00 - 18:00	<b>KINDER</b> (Siehe Kinderplan) 18:00 - 19:00		
	<b>FREIES TRAINING</b> 19:45 - 23:00			<b>FREIES TRAINING</b> 18:00 - 23:00	<b>FREIES TRAINING</b> 19:00 - 22:00		
<b>WERKSHALLE</b>	<b>FREIES TRAINING</b> 08:00 - 17:00	<b>FREIES TRAINING</b> 08:00 - 18:00	<b>FREIES TRAINING</b> 08:00 - 09:30	<b>FREIES TRAINING</b> 08:00 - 17:00	<b>FREIES TRAINING</b> 08:00 - 17:00	<b>FREIES TRAINING</b> 09:00 - 11:30	<b>FREIES TRAINING</b> 09:00 - 12:45
	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 17:00 - 18:00 / Aleks	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 18:00 - 19:00 / Jana	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 09:30 - 10:30 / Roman	<b>ATHLETICS</b> <b>16</b> Movement 17:00 - 18:00 / Alona	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 17:00 - 18:00 / Aleks	<b>FUNCTIONAL TRAINING</b> <b>16</b> Core 11:30 - 12:30 / Roman	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 12:45 - 13:45 / Ayhan
	<b>FUNCTIONAL TRAINING</b> <b>16</b> Core 18:15 - 19:15 / Aleks	<b>HYROX</b>   🏃 <b>16</b> 19:30 - 20:30 / Alona	<b>FREIES TRAINING</b> 10:30 - 17:00	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 18:15 - 19:15 / Alona	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 18:00 - 19:00 / Aleks	<b>FREIES TRAINING</b> 12:30 - 20:00	<b>FREIES TRAINING</b> 13:45 - 20:00
	<b>HYROX</b>   🏃 <b>16</b> 19:30 - 20:30 / Jana	<b>FREIES TRAINING</b> 20:30 - 23:00	<b>FUNCTIONAL TRAINING</b> <b>16</b> HIIT / High Intensity 17:00 - 18:00 / Aleks	<b>FUNCTIONAL TRAINING</b> <b>16</b> Core 19:30 - 20:30 / Zeki	<b>HYROX</b>   🏃 <b>16</b> 19:00 - 20:00 / Alona		
	<b>HYROX</b>   🏃 <b>16</b> 20:30 - 21:00 / Jana		<b>HYROX</b>   🏃 <b>16</b> 18:15 - 19:15 / Lena	<b>FREIES TRAINING</b> 20:30 - 23:00	<b>FREIES TRAINING</b> 20:00 - 22:00		
	<b>FREIES TRAINING</b> 21:00 - 23:00		<b>FUNCTIONAL TRAINING</b> <b>16</b> HIT / High Intensity 19:30 - 20:30 / Aleks				
		<b>FREIES TRAINING</b> 20:30 - 23:00					
<b>OUTDOOR</b>	<b>FREIES TRAINING</b> 10:30 - 18:30	<b>FREIES TRAINING</b> 10:30 - 18:30	<b>FREIES TRAINING</b> 10:30 - 18:30	<b>FREIES TRAINING</b> 10:30 - 17:30	<b>FREIES TRAINING</b> 10:30 - 18:30	<b>FREIES TRAINING</b> 10:00 - 18:30	<b>FREIES TRAINING</b> 10:30 - 18:30