

|             | MONTAG   | DIENSTAG  | MITTWOCH  | DONNERSTAG  | FREITAG   | SAMSTAG  | SONNTAG   |
|-------------|--|---|---|---|---|--|---|
| <b>CAGE</b> | <b>KINDER</b> (Siehe Kinderplan)<br>17:00 - 18:30                                  | <b>KINDER</b> (Siehe Kinderplan)<br>16:45 - 18:45 | <b>KINDER</b> (Siehe Kinderplan)<br>17:00 - 18:00                 | <b>FITNESS-KICKBOXEN</b><br>Outdoor im Sommer<br>17:30 - 18:30 / Dima           | <b>FITNESS-BOXEN</b><br>17:00 - 18:00 / Roman               | <b>WURFTRAINING</b><br>Für BJJ<br>09:00 - 10:00 / Mo   | <b>KINDER</b> (Siehe Kinderplan)<br>11:00 - 13:00 |
|             | <b>KRAV MAGA EINSTEIGER/<br/>FORTGESCHRITTEN</b><br>18:30 - 19:30 / Jaci <b>16</b> | <b>YOGA</b><br>19:00 - 20:00 / Dana               | <b>EINSTEIGER KRAV MAGA</b><br>18:30 - 19:30 / Thomas <b>16</b> ★ | <b>KICKBOXEN TECHNIK<br/>&amp; SPARRING</b><br>18:30 - 19:30 / Gustavo <b>F</b> | <b>FRAUEN KRAV MAGA</b> <b>18</b><br>18:00 - 19:00 / Thomas | <b>BRAZILIAN JIU-JITSU</b><br>10:00 - 11:00 / Benjamin | <b>FREIES TRAINING</b><br>13:00 - 20:00           |
|             | <b>KRAV MAGA</b><br>19:30 - 20:30 / Jaci <b>18</b>                                 | <b>FREIES TRAINING</b><br>20:00 - 23:00           | <b>KRAV MAGA</b><br>19:30 - 20:30 / Thomas <b>18</b>              | <b>MMA LIGHT</b><br>19:30 - 20:30 / Alex <b>F</b>                               | <b>KRAV MAGA</b> <b>18</b><br>19:00 - 20:00 / Thomas        | <b>BJJ NO-GI</b><br>11:00 - 12:00 / Benjamin           |   |
|             | <b>FREIES TRAINING</b><br>20:30 - 23:00  |   | <b>FREIES TRAINING</b><br>20:30 - 23:00                           | <b>FREIES TRAINING</b><br>20:30 - 23:00   | <b>FREIES TRAINING</b><br>20:00 - 22:00                     | <b>FREIES TRAINING</b><br>12:00 - 20:00                |   |

|                                       | MONTAG  | DIENSTAG   | MITTWOCH  | DONNERSTAG  | FREITAG  | SAMSTAG   | SONNTAG   |
|---------------------------------------|---|--|---|---|--|---|---|
| <b>DOJO</b>                           | <b>FREIES TRAINING</b><br>08:00 - 11:30                                   | <b>FREIES TRAINING</b><br>08:00 - 16:30                                      | <b>FREIES TRAINING</b><br>08:00 - 11:30                           | <b>FREIES TRAINING</b><br>08:00 - 10:00           | <b>FREIES TRAINING</b><br>08:00 - 16:15                          | <b>FREIES TRAINING</b><br>09:00 - 10:00           | <b>FREIES TRAINING</b><br>09:00 - 10:00           |
|                                       | <b>BRAZILIAN JIU-JITSU</b><br>11:30 - 12:30 / Leon                        | <b>KINDER</b> (Siehe Kinderplan)<br>16:30 - 18:00                            | <b>BRAZILIAN JIU-JITSU</b><br>11:30 - 12:30                       | <b>BJJ NO-GI</b><br>10:00 - 11:00 / Dorian        | <b>KINDER</b> (Siehe Kinderplan)<br>16:15 - 18:00                | <b>KINDER</b> (Siehe Kinderplan)<br>10:15 - 14:00 | <b>KINDER</b> (Siehe Kinderplan)<br>10:15 - 13:15 |
|                                       | <b>FREIES TRAINING</b><br>12:30 - 14:45                                   | <b>TECHNISCHES KICKBOXEN</b><br>18:00 - 19:00 / Mathis <b>F</b>              | <b>FREIES TRAINING</b><br>12:30 - 14:45                           | <b>FREIES TRAINING</b><br>11:00 - 15:30           | <b>BRAZILIAN JIU-JITSU</b><br>18:00 - 19:00 / Armin              | <b>LEHRGÄNGE</b><br>15:00 - 18:00                 | <b>FREIES TRAINING</b><br>13:15 - 15:00           |
|                                       | <b>KINDER</b> (Siehe Kinderplan)<br>15:00 - 18:45                         | <b>EINSTEIGER KRAV MAGA</b><br>19:00 - 20:00 / Thomas <b>16</b> ★            | <b>KINDER</b> (Siehe Kinderplan)<br>15:00 - 17:45 <b>G F</b>      | <b>KINDER</b> (Siehe Kinderplan)<br>15:45 - 19:45 | <b>BRAZILIAN JIU-JITSU</b><br>Wettkampf<br>19:00 - 20:00 / Armin | <b>FREIES TRAINING</b><br>18:00 - 20:00           | <b>LEHRGÄNGE</b><br>15:00 - 18:00                 |
|                                       | <b>BRAZILIAN JIU-JITSU</b><br>18:45 - 19:45 / Jorge                       | <b>BRAZILIAN JIU-JITSU</b> <b>F</b><br>Wettkampf<br>20:00 - 21:00 / Benjamin | <b>TRICKING</b><br>Kicks, Salto Training<br>17:45 - 18:45 / Robin | <b>JU-JUTSU</b><br>19:30 - 20:30 / Christopher    | <b>FREIES TRAINING</b><br>20:15 - 22:00                          |   | <b>FREIES TRAINING</b><br>18:00 - 20:00           |
|                                       | <b>FITNESS-KICKBOXEN/<br/>THAIBOXEN</b><br>19:45 - 20:45 / Maica <b>F</b> | <b>FREIES TRAINING</b><br>21:00 - 23:00                                      | <b>BRAZILIAN JIU-JITSU</b><br>18:45 - 20:00 / Benjamin            | <b>FREIES TRAINING</b><br>20:30 - 23:00           |  |   |   |
| <b>FREIES TRAINING</b><br>20: - 23:00 |   | <b>FREIES TRAINING</b><br>20:00 - 23:00                                      |   |   |  |   |   |

|                | MONTAG  | DIENSTAG   | MITTWOCH   | DONNERSTAG  | FREITAG   | SAMSTAG   | SONNTAG   |
|----------------|---|--|--|---|---|---|---|
| <b>BOX GYM</b> | <b>FREIES TRAINING</b><br>08:00 - 12:30               | <b>FREIES TRAINING</b><br>08:00 - 12:30                                  | <b>FREIES TRAINING</b><br>08:00 - 12:30                          | <b>FREIES TRAINING</b><br>08:00 - 16:30                             | <b>FREIES TRAINING</b><br>08:00 - 09:30           | <b>FREIES TRAINING</b><br>09:00 - 10:00             | <b>FREIES TRAINING</b><br>09:00 - 10:00                             |
|                | <b>FITNESS-BOXEN</b><br>12:30 - 13:30 / Sami          | <b>TECHNISCHES KICKBOXEN</b><br>12:30 - 13:30 / Gustavo <b>F</b>         | <b>FITNESS-KICKBOXEN</b><br>12:30 - 13:30 / Sami                 | <b>KINDER</b> (Siehe Kinderplan)<br>16:30 - 17:30                   | <b>FITNESS-KICKBOXEN</b><br>09:30 - 10:30 / Roman | <b>FITNESS-KICKBOXEN</b><br>10:00 - 11:00 / Gustavo | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>10:00 - 11:00 / Aironas |
|                | <b>FREIES TRAINING</b><br>13:30 - 16:30               | <b>FREIES TRAINING</b><br>13:30 - 16:15                                  | <b>FREIES TRAINING</b><br>13:30 - 16:30                          | <b>FITNESS-BOXEN</b><br>17:30 - 18:30 / Shady                       | <b>FREIES TRAINING</b><br>10:30 - 16:30           | <b>KINDER</b> (Siehe Kinderplan)<br>11:00 - 13:00   | <b>TECHNISCHES-BOXEN</b> <b>F</b><br>11:00 - 12:00 / Aironas        |
|                | <b>KINDER</b> (Siehe Kinderplan)<br>16:30 - 18:30     | <b>KINDER</b> (Siehe Kinderplan)<br>16:15 - 18:15                        | <b>KINDER</b> (Siehe Kinderplan)<br>16:30 - 17:30                | <b>KALI/JKD/SILAT</b><br>18:30 - 19:30 / Henning                    | <b>KINDER</b> (Siehe Kinderplan)<br>16:30 - 17:30 | <b>FREIES TRAINING</b><br>13:00 - 20:00             | <b>FITNESS-KICKBOXEN</b><br>12:15 - 13:15 / Dima                    |
|                | <b>KALI</b><br>18:30 - 19:30 / Finn                   | <b>TECHNISCHES BOXEN</b> <b>F</b><br>18:30 - 19:30 / Zeki                | <b>FITNESS-BOXEN</b><br>17:30 - 18:30 / Roman                    | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>19:45 - 20:45 / Aironas | <b>FREIES TRAINING</b><br>17:30 - 22:00           |   | <b>FREIES TRAINING</b><br>13:15 - 20:00                             |
|                | <b>JEET KUNE DO</b><br>19:30 - 20:30 / Finn <b>16</b> | <b>BOXEN TECHNIK<br/>&amp; SPARRING</b> <b>F</b><br>19:30 - 20:30 / Zeki | <b>FITNESS-KICKBOXEN</b><br>18:45 - 19:45 / René                 | <b>FREIES TRAINING</b><br>20:45 - 23:00                             |   |   |   |
|                | <b>FREIES TRAINING</b><br>20:30 - 23:00               | <b>FITNESS-KICKBOXEN</b><br>20:30 - 21:30 / Antony                       | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>19:45 - 20:45 / René |   |   |   |   |
|                | <b>FREIES TRAINING</b><br>21:30 - 23:00               | <b>FREIES TRAINING</b><br>20:45 - 23:00                                  |  |   |   |   |   |

|                | MONTAG  | DIENSTAG  | MITTWOCH   | DONNERSTAG  | FREITAG  | SAMSTAG   | SONNTAG   |
|----------------|---|---|--|---|--|---|---|
| <b>BLOCK A</b> | <b>FREIES TRAINING</b><br>08:00 - 16:00                             | <b>FREIES TRAINING</b><br>08:00 - 09:30               | <b>FREIES TRAINING</b><br>08:00 - 16:00                          | <b>FREIES TRAINING</b><br>08:00 - 09:30                               | <b>BRAZILIAN JIU-JITSU</b><br>08:30 - 09:30 / Colin              | <b>FREIES TRAINING</b><br>09:00 - 11:00                           | <b>FREIES TRAINING</b><br>09:00 - 10:00                               |
|                | <b>KINDER</b> (Siehe Kinderplan)<br>16:00 - 17:45                   | <b>FITNESS-BOXEN</b><br>09:30 - 10:30 / Gustavo       | <b>KINDER</b> (Siehe Kinderplan)<br>15:45 - 17:30                | <b>FITNESS-KICKBOXEN</b><br>09:30 - 10:30 / Gustavo                   | <b>FREIES TRAINING</b><br>09:30 - 12:30                          | <b>TECHNISCHES-BOXEN</b> <b>F</b><br>11:00 - 12:00 / Gustavo      | <b>KINDER</b> (Siehe Kinderplan)<br>10:00 - 10:45                     |
|                | <b>BJJ NO-GI</b><br>17:45 - 18:45 / Chris                           | <b>FREIES TRAINING</b><br>10:30 - 16:00               | <b>FREIES TRAINING</b><br>17:30 - 18:30                          | <b>FREIES TRAINING</b><br>10:30 - 12:30                               | <b>FITNESS-BOXEN</b><br>12:30 - 13:30 / Roman                    | <b>TECHNISCHES KICKBOXEN</b> <b>F</b><br>12:15 - 13:15 / Sami     | <b>BRAZILIAN JIU-JITSU</b><br>11:00 - 12:00 / Jorge                   |
|                | <b>BJJ NO-GI</b><br>19:00 - 20:00 / Chris                           | <b>KINDER</b> (Siehe Kinderplan)<br>16:00 - 17:30     | <b>JU-JUTSU</b><br>18:30 - 19:30 / Cornelius                     | <b>FITNESS-BOXEN</b><br>12:30 - 13:30 / Gustavo                       | <b>FREIES TRAINING</b><br>13:30 - 16:00                          | <b>FITNESS-KICKBOXEN</b><br>13:30 - 14:30 / Roman                 | <b>BRAZILIAN JIU-JITSU</b> ★<br>Fundamentals<br>12:00 - 13:00 / Jorge |
|                | <b>FITNESS-KICKBOXEN</b><br>Kicktraining<br>20:00 - 21:00 / Emanuel | <b>BRAZILIAN JIU-JITSU</b><br>17:30 - 18:30 / Andreas | <b>FITNESS-KICKBOXEN/<br/>THAIBOXEN</b><br>19:45 - 20:45 / Thore | <b>FREIES TRAINING</b><br>13:30 - 16:15                               | <b>KINDER</b> (Siehe Kinderplan)<br>16:00 - 16:45                | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>14:30 - 15:30 / Roman | <b>FREIES TRAINING</b><br>13:00 - 20:00                               |
|                | <b>FREIES TRAINING</b><br>21:00 - 23:00                             | <b>BJJ NO-GI</b><br>18:30 - 19:30 / Andreas           | <b>FREIES TRAINING</b><br>20:45 - 23:00                          | <b>KINDER</b> (Siehe Kinderplan)<br>16:15 - 18:00                     | <b>TECHNISCHES KICKBOXEN</b><br>17:30 - 18:30 / Ayhan <b>G F</b> | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>18:30 - 19:30 / Sven  | <b>FREIES TRAINING</b><br>15:30 - 20:00                               |
|                |   | <b>FITNESS-BOXEN</b><br>19:30 - 20:30 / Gustavo       |  | <b>BRAZILIAN JIU-JITSU</b> ★<br>Fundamentals<br>18:00 - 19:00 / Armin | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>18:30 - 19:30 / Sven |   |   |
|                |   | <b>FREIES TRAINING</b><br>20:30 - 23:00               |  | <b>BJJ NO-GI</b><br>19:00 - 20:00                                     | <b>FITNESS-KICKBOXEN</b><br>19:30 - 20:30 / Sven                 |   |   |
|                |   |   |  | <b>BRAZILIAN JIU-JITSU</b><br>Wettkampf<br>20:00 - 21:00 / Jorge      | <b>FREIES TRAINING</b><br>20:30 - 22:00                          |   |   |
|                |   |   |  | <b>FREIES TRAINING</b><br>21:00 - 23:00                               |  |   |   |

|             | MONTAG  | DIENSTAG   | MITTWOCH   | DONNERSTAG   | FREITAG  | SAMSTAG   | SONNTAG                                 |
|-------------|---|--|--|--|--|---|---|
| <b>DOCK</b> | <b>FREIES TRAINING</b><br>08:00 - 17:30                               | <b>FREIES TRAINING</b><br>08:00 - 17:15                            | <b>FREIES TRAINING</b><br>08:00 - 17:30  | <b>FREIES TRAINING</b><br>08:00 - 17:00  | <b>FREIES TRAINING</b><br>08:00 - 16:00  | <b>JU-JUTSU FIGHTING</b> <b>F</b><br>(Jugend) Ab 14 J.<br>Wettkampfraining/Nur<br>nach Absprache<br>09:00 - 12:00 / Artur | <b>FREIES TRAINING</b><br>09:00 - 10:00 |
|             | <b>FITNESS-KICKBOXEN</b><br>17:30 - 18:30 / Ayhan                     | <b>FITNESS-BOXEN</b><br>17:15 - 18:15 / Shady                      | <b>BJJ NO-GI</b><br>17:30 - 18:45 / Benjamin   | <b>JU-JUTSU FIGHTING</b> <b>F</b><br>Wettkampfraining/Nur nach<br>Absprache<br>16:00 - 17:00 / Chris | <b>BJJ NO-GI</b> ★<br>Fundamentals<br>16:00 - 17:00 / Chris                                  | <b>YOGA</b><br>10:00 - 11:00 / Thalea   | <b>FREIES TRAINING</b><br>11:00 - 20:00 |
|             | <b>TECHNISCHES-BOXEN</b><br>18:45 - 19:45 / Ayhan <b>F</b>            | <b>FRAUEN-KICKBOXEN</b><br>18:15 - 19:15 / Jordan                  | <b>SPARRING</b> <b>F</b><br>Boxen/Kickboxen<br>18:45 - 20:15<br>In Absprache mit den Trainern<br>Roman / Ayhan | <b>FITNESS-KICKBOXEN</b><br>18:30 - 19:30 / Aironas  | <b>BJJ NO-GI</b><br>17:00 - 18:00 / Chris  | <b>JU-JUTSU</b><br>12:00 - 13:00 / Alex   |   |
|             | <b>BRAZILIAN JIU-JITSU</b> ★<br>Fundamentals<br>20:00 - 21:00 / Jorge | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>19:15 - 20:15 / Antony | <b>EINSTEIGER SPARRING</b> <b>F</b><br>20:15 - 21:15 / Sami  | <b>TECHNISCHES BOXEN</b> <b>F</b><br>19:30 - 20:30 / Sami  | <b>KINDER</b> (Siehe Kinderplan)<br>18:00 - 19:00  | <b>KINDER</b> (Siehe Kinderplan)<br>13:00 - 14:00   |   |
|             | <b>FREIES TRAINING</b><br>20:45 - 23:00                               | <b>FREIES TRAINING</b><br>20:15 - 23:00                            | <b>FREIES TRAINING</b><br>21:15 - 23:00  | <b>FREIES TRAINING</b><br>20:30 - 23:00  | <b>KICKBOXEN TECHNIK</b> <b>G F</b><br>& <b>EINSTEIGER SPARRING</b><br>19:00 - 20:15 / Roman | <b>FREIES TRAINING</b><br>14:00 - 20:00   |   |
|             |   |  |  |  | <b>FREIES TRAINING</b><br>20:00 - 22:00  |   |   |

|               | MONTAG   | DIENSTAG                                | MITTWOCH                                | DONNERSTAG  | FREITAG   | SAMSTAG                                 | SONNTAG                                 |
|---------------|--|---|---|---|---|---|---|
| <b>STUDIO</b> | <b>FREIES TRAINING</b><br>08:00 - 18:45                            | <b>FREIES TRAINING</b><br>08:00 - 23:00 | <b>FREIES TRAINING</b><br>08:00 - 23:00 | <b>FREIES TRAINING</b><br>08:00 - 17:00           | <b>FREIES TRAINING</b><br>08:00 - 18:00           | <b>FREIES TRAINING</b><br>09:00 - 20:00 | <b>FREIES TRAINING</b><br>09:00 - 20:00 |
|               | <b>EINSTEIGER-<br/>BOXEN/KICKBOXEN</b> ★<br>18:45 - 19:45 / Jordan |   |   | <b>KINDER</b> (Siehe Kinderplan)<br>17:00 - 18:00 | <b>KINDER</b> (Siehe Kinderplan)<br>18:00 - 19:00 |   |   |
|               | <b>FREIES TRAINING</b><br>19:45 - 23:00                            |   |   | <b>FREIES TRAINING</b><br>18:00 - 23:00           | <b>FREIES TRAINING</b><br>19:00 - 22:00           |   |   |

|                   | MONTAG   | DIENSTAG  | MITTWOCH   | DONNERSTAG   | FREITAG  | SAMSTAG   | SONNTAG  |
|-------------------|--|---|--|--|--|---|--|
| <b>WERKSHALLE</b> | <b>FREIES TRAINING</b><br>08:00 - 17:00  | <b>FREIES TRAINING</b><br>08:00 - 18:00   | <b>FREIES TRAINING</b><br>08:00 - 09:30  | <b>FREIES TRAINING</b><br>08:00 - 17:00  | <b>FREIES TRAINING</b><br>08:00 - 17:00  | <b>FREIES TRAINING</b><br>09:00 - 11:30                               | <b>FREIES TRAINING</b><br>09:00 - 12:45  |
|                   | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>17:00 - 18:00 / Aleks | <b>ATHLETICS</b> <b>16</b><br>Movement<br>17:15 - 18:15 / Alona <b>NEU</b>                        | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>09:30 - 10:30 / Roman | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>17:00 - 18:00 / Jana <b>NEU</b> | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>17:00 - 18:00 / Aleks | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>Core<br>11:30 - 12:30 / Roman | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>12:45 - 13:45 / Ayhan |
|                   | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>Core<br>18:15 - 19:15 / Aleks                  | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>18:15 - 19:15 / Alona <b>NEU</b> | <b>FREIES TRAINING</b><br>10:30 - 17:00  | <b>HYROX</b>   <b>16</b><br>18:15 - 19:15 / Jana <b>NEU</b>                                      | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>18:00 - 19:00 / Aleks | <b>FREIES TRAINING</b><br>12:30 - 20:00                               | <b>FREIES TRAINING</b><br>13:45 - 20:00  |
|                   | <b>HYROX</b>   <b>16</b><br>19:30 - 20:30 / Jana                                       | <b>HYROX</b>   <b>16</b><br>19:30 - 20:30 / Alona   | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIIT / High Intensity<br>17:00 - 18:00 / Aleks | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>Core<br>19:30 - 20:30 / Zeki                             | <b>HYROX</b>   <b>16</b><br>19:00 - 20:00 / Jana <b>NEU</b>                            |   |  |
|                   | <b>HYROX</b>   <b>16</b><br>20:30 - 21:00 / Jana                                       | <b>FREIES TRAINING</b><br>20:30 - 23:00   | <b>HYROX</b>   <b>16</b><br>18:15 - 19:15 / Lena                                       | <b>FREIES TRAINING</b><br>20:30 - 23:00  | <b>FREIES TRAINING</b><br>20:00 - 22:00  |   |  |
|                   | <b>FREIES TRAINING</b><br>21:00 - 23:00  |   | <b>FUNCTIONAL TRAINING</b> <b>16</b><br>HIT / High Intensity<br>19:30 - 20:30 / Aleks  |  |  |   |  |

|                | MONTAG                                  | DIENSTAG                                | MITTWOCH                                | DONNERSTAG                              | FREITAG                                 | SAMSTAG                                 | SONNTAG                                 |
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| <b>OUTDOOR</b> | <b>FREIES TRAINING</b><br>10:30 - 18:30 | <b>FREIES TRAINING</b><br>10:30 - 18:30 | <b>FREIES TRAINING</b><br>10:30 - 18:30 | <b>FREIES TRAINING</b><br>10:30 - 17:30 | <b>FREIES TRAINING</b><br>10:30 - 18:30 | <b>FREIES TRAINING</b><br>10:00 - 18:30 | <b>FREIES TRAINING</b><br>10:30 - 18:30 |