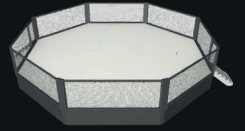




KURSPLAN

TRAININGSFLÄCHE 1

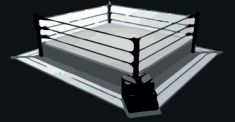


ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00	MMA 10:00 - 11:30 Coach: Peter Sobotta Wettkämpfer	MMA 10:00 - 11:30 Coach: Peter Sobotta Wettkämpfer	Strength & Conditioning 10:00 - 11:30 Coach: Mert Özyildirim Wettkämpfer	MMA 10:00 - 11:30 Coach: Denys Bondar Wettkämpfer	Strength & Conditioning 10:00 - 11:30 Coach: Mert Özyildirim Wettkämpfer	MMA 10:00 - 11:00 Tobias Mutschler Einsteiger	
11:00 - 12:00						Brazilian Jiu Jitsu 11:00 - 12:00 Tobias Mutschler Einsteiger	
12:00 - 13:00						Fighter Fitness 12:00 - 13:00 Giuseppe Natale	
13:00 - 14:00						Boxen 13:00 - 14:30 Coach: Rolf Krause	
14:00 - 15:00							
15:00 - 16:00			Eltern-Kind-Training 15:30 - 16:30 Laura Mach 1-3 Jahre				
16:00 - 17:00		Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 6-9 Jahre		Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 6-9 Jahre			
17:00 - 18:00		Fighter Fitness 17:00 - 18:00 Mert Özyildirim	Ringen 17:00 - 18:30 Coach: Artur Vorobiov	Fighter Fitness 17:00 - 18:00 Mert Özyildirim			
18:00 - 19:00	Brazilian Jiu Jitsu 17:45 - 19:15 Coach: Peter Sobotta	MMA 18:00 - 19:30 Coach: Peter Sobotta Wettkämpfer	MMA 18:30 - 19:30 Tony Sipos Einsteiger	MMA 18:00 - 19:30 Coach: Peter Sobotta Wettkämpfer	Brazilian Jiu Jitsu 17:45 - 19:15 Coach: Finn Schmid		
19:00 - 20:00	MMA 19:15 - 20:45 Coach: Denys Bondar	MMA 19:30 - 20:30 Denys Bondar Einsteiger	Brazilian Jiu Jitsu 19:30 - 20:30 Tony Sipos Einsteiger	MMA 19:30 - 20:30 Denys Bondar Einsteiger	MMA 19:15 - 20:45 Coach: Denys Bondar		
20:00 - 21:00							



KURSPLAN

TRAININGSFLÄCHE 2



ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00						Brazilian Jiu Jitsu 10:00 - 11:30 Coach: Laura Mach nur Frauen	
11:00 - 12:00						Boxen 11:30 - 12:30 Tony Sipos Einsteiger	
12:00 - 13:00						Kick-/Thaiboxen 12:30 - 13:30 Tony Sipos Einsteiger	
13:00 - 14:00						MMA 13:30 - 14:30 Tony Sipos J. ab 12 Jahre	
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00	Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 9-12 Jahre	Brazilian Jiu Jitsu 16:00 - 16:45 Laura Mach 3-6 Jahre		Brazilian Jiu Jitsu 16:00 - 16:45 Laura Mach 3-6 Jahre	Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 9-12 Jahre		
17:00 - 18:00	Boxen 17:00 - 18:00 Emilio Quissua J. ab 12 Jahre	Kickboxen 17:00 - 18:00 Emilio Quissua J. ab 12 Jahre	MMA 17:00 - 18:00 Emilio Quissua J. ab 12 Jahre	Kickboxen 17:00 - 18:00 Emilio Quissua J. ab 12 Jahre	Boxen 17:00 - 18:00 Emilio Quissua J. ab 12 Jahre		
18:00 - 19:00	Boxen 18:00 - 19:30 Coach: Shawn Da Silva	Boxen 18:00 - 19:30 Coach: Marc Hofmann	Brazilian Jiu Jitsu 18:00 - 19:00 Laura Mach nur Frauen	Boxen 18:00 - 19:30 Coach: Emilio Quissua	Boxen 18:00 - 19:30 Coach: Shawn Da Silva		
19:00 - 20:00	Kick-/Thaiboxen 19:30 - 21:00 Coach: Emilio Quissua	Fitness Kickboxen 19:30 - 20:30 Tony Sipos nur Frauen	Kick-/Thaiboxen 19:00 - 20:00 Emilio Quissua Einsteiger	Fitness Kickboxen 19:30 - 20:30 Tony Sipos nur Frauen	Kick-/Thaiboxen 19:30 - 21:00 Coach: Emilio Quissua		
20:00 - 21:00	Kick-/Thaiboxen 19:30 - 21:00 Coach: Emilio Quissua	Fitness Kickboxen 19:30 - 20:30 Tony Sipos nur Frauen	Boxen 20:00 - 21:00 Emilio Quissua Einsteiger	Fitness Kickboxen 19:30 - 20:30 Tony Sipos nur Frauen	Kick-/Thaiboxen 19:30 - 21:00 Coach: Emilio Quissua		