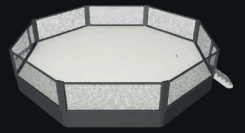




KURSPLAN

TRAININGSFLÄCHE 1

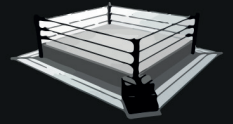


ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00	MMA – PRO – 10:00 - 11:30 Coach: Artur Vorobiov	MMA – PRO – 10:00 - 11:30 Coach: Peter Sobotta	Kraft & Kondition 10:00 - 11:30 Coach: Mert Özyildirim	MMA – PRO – 10:00 - 11:30 Coach: Denys Bondar	Kraft & Kondition 10:00 - 11:30 Coach: Mert Özyildirim	Fighter Fitness 10:00 - 11:00 Artur Vorobiov	
11:00 - 12:00						MMA – BASIC – 11:00 - 12:00 Tony Sipos	
12:00 - 13:00						BJJ – BASIC – 12:00 - 13:00 Tony Sipos	
15:00 - 16:00							
16:00 - 17:00		Brazilian Jiu Jitsu 16:00 - 17:00 Denys Bondar 7-10 JAHRE	Brazilian Jiu Jitsu – WETTKÄMPFER – 16:00 - 17:00 Denys Bondar 7-10 JAHRE	Brazilian Jiu Jitsu 16:00 - 17:00 Denys Bondar 7-10 JAHRE			
17:00 - 18:00	Fighter Fitness 17:00 - 17:45 Mert Özyildirim	MMA – PRO – 17:00 - 18:00 Peter Sobotta - 75 KG	Brazilian Jiu Jitsu – ADVANCED – 17:00 - 18:30 Coach: Mert Özyildirim	Mixed Martial Arts – PRO – 17:00 - 19:00 Coach: Peter Sobotta	Fighter Fitness 17:00 - 17:45 Mert Özyildirim		
18:00 - 19:00	Brazilian Jiu Jitsu – ADVANCED – 17:45 - 19:15 Coach: Mert Özyildirim	MMA – PRO – 18:00 - 19:00 Peter Sobotta + 75 KG	Ringen 18:30 - 20:00 Coach: Artur Vorobiov		Brazilian Jiu Jitsu – ADVANCED – 17:45 - 19:15 Coach: Mert Özyildirim		
19:00 - 20:00	Mixed Martial Arts – ADVANCED – 19:15 - 20:45 Coach: Denys Bondar	BJJ – BASIC – 19:00 - 20:00 Mert Özyildirim		BJJ – BASIC – 19:00 - 20:00 Mert Özyildirim			
20:00 - 21:00		MMA – BASIC – 20:00 - 21:00 Denys Bondar	MMA – BASIC – 20:00 - 21:00 Denys Bondar	MMA – BASIC – 20:00 - 21:00 Denys Bondar	Mixed Martial Arts – ADVANCED – 19:15 - 20:45 Coach: Denys Bondar		



KURSPLAN

TRAININGSFLÄCHE 2



ZEIT	MONTAG	DIENTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00						Kick-/ Thaiboxen – BASIC – 10:00 - 11:00 Tony Sipos	
11:00 - 12:00						Boxen – ADVANCED – 11:00 - 12:30 Coach: Artur Vorobiov	
12:00 - 13:00							
15:00 - 16:00		Brazilian Jiu Jitsu 15:30 - 16:15 Laura Mach 3-5 JAHRE		Brazilian Jiu Jitsu 15:30 - 16:15 Laura Mach 3-5 JAHRE			
16:00 - 17:00	Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 10-14 JAHRE	Brazilian Jiu Jitsu 16:15 - 17:00 Laura Mach 5-7 JAHRE		Brazilian Jiu Jitsu 16:15 - 17:00 Laura Mach 5-7 JAHRE	Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 10-14 JAHRE		
17:00 - 18:00	Boxen 17:00 - 18:00 Denys Bondar AB 12 JAHRE	Kickboxen 17:00 - 18:00 Denys Bondar AB 12 JAHRE	BJJ – WETTKÄMPFER – 17:00 - 18:00 Denys Bondar 10-14 JAHRE	Kickboxen 17:00 - 18:00 Denys Bondar AB 12 JAHRE	Boxen 17:00 - 18:00 Denys Bondar AB 12 JAHRE		
18:00 - 19:00	Boxen – BASIC – 18:00 - 19:30 Coach: Vladimir Aleksutkin	Boxen – ADVANCED – 18:00 - 19:30 Coach: Marc Hofmann	Boxen – BASIC – 18:00 - 19:00 Denys Bondar	Boxen – ADVANCED – 18:00 - 19:30 Coach: Artur Vorobiov	Boxen – BASIC – 18:00 - 19:30 Coach: Shawn Da Silva		
19:00 - 20:00	Kick-/ Thaiboxen – ADVANCED – 19:30 - 21:00 Coach: Vladimir Aleksutkin	Fitness Kickboxen 19:30 - 20:30 Alina Dalaslan NUR FRAUEN	Kick-/ Thaiboxen – BASIC – 19:00 - 20:00 Denys Bondar	Fitness Kickboxen 19:30 - 20:30 Alina Dalaslan NUR FRAUEN	Kick-/ Thaiboxen – ADVANCED – 19:30 - 21:00 Coach: Vladimir Aleksutkin		
20:00 - 21:00							