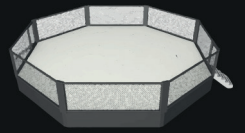




# KURSPLAN

## TRAININGSFLÄCHE 1

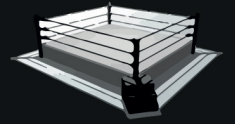


ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00	<b>MMA – PRO –</b> 10:00 - 11:30 Coach: Denys Bondar	<b>MMA – PRO –</b> 10:00 - 11:30 Coach: Peter Sobotta	<b>Kraft &amp; Kondition</b> 10:00 - 11:30 Coach: Mert Özyildirim	<b>MMA – PRO –</b> 10:00 - 11:30 Coach: Denys Bondar	<b>Kraft &amp; Kondition</b> 10:00 - 11:30 Coach: Mert Özyildirim	<b>Fighter Fitness</b> 10:00 - 11:00 Artur Vorobiov	
11:00 - 12:00						<b>MMA – BASIC –</b> 11:00 - 12:00 Tony Sipos	
12:00 - 13:00						<b>BJJ – BASIC –</b> 12:00 - 13:00 Tony Sipos	
15:00 - 16:00							
16:00 - 17:00	<b>Brazilian Jiu Jitsu</b> 16:00 - 17:00 Mert Özyildirim 10-14 JAHRE	<b>Brazilian Jiu Jitsu</b> 16:00 - 17:00 Denys Bondar 7-10 JAHRE	<b>Brazilian Jiu Jitsu</b> 16:00 - 17:00 Denys Bondar 7-10 JAHRE	<b>Brazilian Jiu Jitsu</b> 16:00 - 17:00 Denys Bondar 7-10 JAHRE	<b>Brazilian Jiu Jitsu</b> 16:00 - 17:00 Mert Özyildirim 10-14 JAHRE		
17:00 - 18:00	<b>Fighter Fitness</b> 17:00 - 17:45 Mert Özyildirim	<b>MMA – PRO –</b> 17:00 - 18:00 Peter Sobotta - 75 KG	<b>Brazilian Jiu Jitsu – ADVANCED –</b> 17:00 - 18:30 Coach: Mert Özyildirim	<b>Mixed Martial Arts – PRO –</b> 17:00 - 19:00 Coach: Denys Bondar	<b>Fighter Fitness</b> 17:00 - 17:45 Mert Özyildirim		
18:00 - 19:00	<b>Brazilian Jiu Jitsu – ADVANCED –</b> 17:45 - 19:15 Coach: Mert Özyildirim	<b>MMA – PRO –</b> 18:00 - 19:00 Peter Sobotta + 75 KG	<b>Ringen</b> 18:30 - 20:00 Coach: Artur Vorobiov	<b>BJJ – BASIC –</b> 19:00 - 20:00 Mert Özyildirim	<b>Brazilian Jiu Jitsu – ADVANCED –</b> 17:45 - 19:15 Coach: Mert Özyildirim		
19:00 - 20:00	<b>Mixed Martial Arts – ADVANCED –</b> 19:15 - 20:45 Coach: Denys Bondar	<b>BJJ – BASIC –</b> 19:00 - 20:00 Mert Özyildirim			<b>MMA 30+</b> 19:15 - 20:15 Denys Bondar		
20:00 - 21:00		<b>MMA – BASIC –</b> 20:00 - 21:00 Denys Bondar	<b>MMA 30+</b> 20:00 - 21:00 Denys Bondar	<b>MMA – BASIC –</b> 20:00 - 21:00 Denys Bondar			



# KURSPLAN

## TRAININGSFLÄCHE 2



ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 - 11:00						<b>Kick-/ Thaiboxen</b> – BASIC – 10:00 - 11:00 Tony Sipos	
11:00 - 12:00						<b>Boxen</b> – ADVANCED – 11:00 - 12:30 Coach: Artur Vorobiov	
12:00 - 13:00							
15:00 - 16:00		Brazilian Jiu Jitsu 15:30 - 16:15 Dima Götte 3-5 JAHRE		Brazilian Jiu Jitsu 15:30 - 16:15 Dima Götte 3-5 JAHRE			
16:00 - 17:00	<b>Boxen</b> 16:00 - 17:00 Denys Bondar 7-12 JAHRE	Brazilian Jiu Jitsu 16:15 - 17:00 Dima Götte 5-7 JAHRE		Brazilian Jiu Jitsu 16:15 - 17:00 Dima Götte 5-7 JAHRE	<b>Boxen</b> 16:00 - 17:00 Denys Bondar 7-12 JAHRE		
17:00 - 18:00	<b>Boxen</b> 17:00 - 18:00 Denys Bondar AB 12 JAHRE	<b>Kickboxen</b> 17:00 - 18:00 Denys Bondar AB 12 JAHRE	<b>MMA</b> – BASIC – 17:00 - 18:00 Denys Bondar	<b>Kickboxen</b> 17:00 - 18:00 Louis Glück AB 12 JAHRE	<b>Boxen</b> 17:00 - 18:00 Denys Bondar AB 12 JAHRE		
18:00 - 19:00	<b>Boxen</b> – BASIC – 18:00 - 19:30 Coach: Vladimir Aleksutkin	<b>Boxen</b> – ADVANCED – 18:00 - 19:30 Coach: Marc Hofmann	<b>MMA</b> – ADVANCED – 18:00 - 19:00 Denys Bondar	<b>Boxen</b> – ADVANCED – 18:00 - 19:30 Coach: Artur Vorobiov	<b>Boxen</b> – BASIC – 18:00 - 19:30 Coach: Shawn Da Silva		
19:00 - 20:00	<b>Kick-/ Thaiboxen</b> – ADVANCED – 19:30 - 21:00 Coach: Vladimir Aleksutkin	<b>Fitness Kickboxen</b> 19:30 - 20:30 Alina Dalaslan NUR FRAUEN	<b>Boxen</b> – BASIC – 19:00 - 20:00 Vladimir Aleksutkin	<b>Fitness Kickboxen</b> 19:30 - 20:30 Alina Dalaslan NUR FRAUEN	<b>Kick-/ Thaiboxen</b> – ADVANCED – 19:30 - 21:00 Coach: Vladimir Aleksutkin		
20:00 - 21:00			<b>Kick-/ Thaiboxen</b> – BASIC – 20:00 - 21:00 Vladimir Aleksutkin				