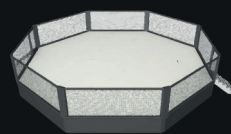




KURSPLAN

TRAININGSFLÄCHE 1



ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9:00 - 10:00						Fighter Fitness 9:00 - 10:00 Tony Sipos
10:00 - 11:00	MMA – PRO – 10:00 - 11:30 Coach: Denys Bondar	MMA – PRO – 10:00 - 11:30 Coach: Peter Sobotta	Wettkämpfer Kraft/Kondition 10:00 - 11:30 Coach: Mert Özyildirim	MMA – PRO – 10:00 - 11:30 Coach: Denys Bondar		MMA – BASIC – 10:00 - 11:30 Coach: Tony Sipos
11:00 - 12:00						BJJ – BASIC – 11:30 - 13:00 Coach: Tony Sipos
12:00 - 13:00						
15:00 - 16:00					Brazilian Jiu Jitsu 15:00 - 16:00 Denys Bondar 7-10 JAHRE	
16:00 - 17:00	Brazilian Jiu Jitsu 16:00 - 17:00 Denys Bondar 7-10 JAHRE	Boxen 16:00 - 17:00 Denys Bondar 7-12 JAHRE	Brazilian Jiu Jitsu 16:00 - 17:00 Denys Bondar 7-10 JAHRE	Boxen 16:00 - 17:00 Denys Bondar 7-12 JAHRE	Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 10-14 JAHRE	
17:00 - 18:00	Brazilian Jiu Jitsu – ADVANCED – 17:00 - 18:30 Coach: Mert Özyildirim	BJJ – BASIC – 17:00 - 18:00 Antonino Caprino Campana	Fighter Fitness 17:00 - 18:00 Mert Özyildirim	BJJ – BASIC – 17:00 - 18:00 Antonino Caprino Campana	Brazilian Jiu Jitsu – ADVANCED – 17:00 - 18:30 Coach: Mert Özyildirim	
18:00 - 19:00	Ringen – ADVANCED – 18:30 - 20:00 Coach: Artur Vorobiov	MMA – PRO – 18:00 - 19:00 Peter Sobotta - 75 KG	Brazilian Jiu Jitsu – ADVANCED – 18:00 - 19:30 Coach: Mert Özyildirim	MMA – PRO – 18:00 - 20:00 Coach: Denys Bondar	MMA – ADVANCED – 18:30 - 20:00 Coach: Denys Bondar	
19:00 - 20:00		MMA – PRO – 19:00 - 20:00 Peter Sobotta + 75 KG	Ringen – BASIC – 19:30 - 21:00 Coach: Artur Vorobiov	MMA – BASIC – 20:00 - 21:00 Denys Bondar		
20:00 - 21:00		MMA – BASIC – 20:00 - 21:00 Denys Bondar				



KURSPLAN

TRAININGSFLÄCHE 2



ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9:00 - 10:00						
10:00 - 11:00						
11:00 - 12:00						
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	Brazilian Jiu Jitsu 16:00 - 17:00 Mert Özyildirim 10-14 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	Boxen 16:00 - 17:00 Denys Bondar AB 12 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	MMA – BASIC – 17:00 - 18:00 Denys Bondar	Kickboxen 17:00 - 18:00 Denys Bondar AB 12 JAHRE	MMA 30+ 17:00 - 18:00 Denys Bondar	
18:00 - 19:00	MMA 30+ 18:00 - 19:00 Denys Bondar	Boxen – ADVANCED – 18:00 - 19:30 Coach: Marc Hofmann	MMA – ADVANCED – 18:00 - 19:30 Coach: Denys Bondar	Boxen – ADVANCED – 18:00 - 19:30 Coach: Artur Vorobiov	Boxen – BASIC – 18:00 - 19:00 Vladimir Aleksutkin	
19:00 - 20:00	Boxen – BASIC – 19:00 - 20:00 Vladimir Aleksutkin	Fitness Kickboxen 19:30 - 20:30 Alina Dalaslan NUR FRAUEN	Kick-/ Thaiboxen 19:30 - 20:30 Vladimir Aleksutkin	Fitness Kickboxen 19:30 - 20:30 Tony Sipos NUR FRAUEN	Kick-/ Thaiboxen 19:00 - 20:00 Vladimir Aleksutkin	
20:00 - 21:00	Kick-/ Thaiboxen 20:00 - 21:00 Vladimir Aleksutkin					