



Montag

Uhrzeit	Halle 1	Halle 2
Morgen <ul style="list-style-type: none"> • 10:00-12:00 	Freestyle Wrestling	
Abend <ul style="list-style-type: none"> • 18:00-19:00 • 19:00-20:00 • 20:00-21:00 	Wrestling BJJ Muay Thai	BJJ Gi Ladies OM Open Mat

Dienstag

Morgen <ul style="list-style-type: none"> • 10:00-12:00 	BJJ	
Abend <ul style="list-style-type: none"> • 18:00-19:00 • 19:00-20:00 • 20:00-21:00 	Kickboxen BJJ Open Mat	Ladies Ladies OM

Mittwoch

Morgen <ul style="list-style-type: none"> • 10:00-12:00 	BJJ	
Abend <ul style="list-style-type: none"> • 18:00-19:00 • 19:00-20:00 • 20:00-21:00 	Judo for NoGi BJJ Basics Muay Thai	Open Mat

Donnerstag

Morgen	<ul style="list-style-type: none">• 10:00-11:00• 11:00-12:00	Competition Muay Thai	
Abend	<ul style="list-style-type: none">• 18:00-19:00• 19:00-20:00• 20:00-21:00	Wrestling BJJ Gi Kickboxing	Open Mat

Freitag

Morgen	<ul style="list-style-type: none">• 10:00-12:00	BJJ	
Abend	<ul style="list-style-type: none">• 18:00-19:00• 19:00-20:00• 20:00-21:00	Ladies BJJ BJJ Open Mat	Kickboxing Stand Up OM

Samstag

Morgen	<ul style="list-style-type: none">• 11:00-13:00	Open Mat	