



Montag

Uhrzeit	Halle 1	Halle 2
Morgen <ul style="list-style-type: none"> • 10:30-12:00 	Freestyle Wrestling	
Abend <ul style="list-style-type: none"> • 18:00-19:00 • 19:00-20:00 • 20:00-21:00 	BJJ Gi MMA Open Mat	Open Mat Muay Thai

Dienstag

Morgen <ul style="list-style-type: none"> • 10:30-12:00 	BJJ/Grapping	
Abend <ul style="list-style-type: none"> • 18:00-19:00 • 19:00-20:00 • 20:00-21:00 	Kickboxen BJJ/Grapping Open Mat	

Mittwoch

Morgen <ul style="list-style-type: none"> • 10:30-12:00 	BJJ/Grapping	
Abend <ul style="list-style-type: none"> • 18:00-19:00 • 19:00-20:00 • 20:00-21:00 	Judo 4 Grapping BJJ Basics Open Mat	Muay Thai

Donnerstag

Morgen			
Abend	<ul style="list-style-type: none">• 18:00-19:00• 19:00-20:00• 20:00-21:00	Kickboxing MMA Open Mat	BJJ Gi Open Mat

Freitag

Morgen	<ul style="list-style-type: none">• 10:30-12:00	BJJ/Grapppling	
Abend	<ul style="list-style-type: none">• 18:00-19:00• 19:00-20:00• 20:00-21:00	BJJ Basics BJJ/Grapppling Open Mat	Kickboxing Stand Up OM

Samstag

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