

KURSPLAN

MONTAG

17:15 – 18:00	Little Dragons (red team)
18:00 – 19:00	Kids Muay-Thai
18:30 – 20:00	Krav Maga
19:00 – 20:00	NoGi
20:10 – 21:10	BJJ

DIENSTAG

17:15 – 18:00	Little Dragons (purple team)
18:00 – 19:00	Little Jiu Monkeys
19:00 – 20:30	NoGi Basic Class
19:00 – 20:30	Muay-Thai
20:30 – 22:00	MMA

MITTWOCH

17:15 – 18:00	Little Dragons (red team)
18:00 – 19:00	Kids Muay-Thai
19:00 – 20:00	BJJ
20:10 – 21:10	NoGi

DONNERSTAG

18:30 – 20:00	Krav Maga
19:00 – 20:30	Muay-Thai
20:30 – 22:00	MMA

FREITAG

17:15 – 18:00	Little Dragons (purple team)
18:00 – 19:00	Little Jiu Monkeys
19:00 – 20:30	BJJ Basic Class

SAMSTAG

COMPETITION CLASS BJJ & NOGI

10:00 – 11:00	Part I
11:00 – 12:00	Border Crosser Fitness
12:00 – 13:00	Part II

