



# STUNDENPLAN

## Montag

16:00 - 17:00 **Kindertraining**  
17:00 - 18:30 **BJJ ROLLEN**  
**"SPARRING"**  
18:30 - 20:00 **MUAY THAI**  
20:00 - 21:30 **MMA**

## Dienstag

**07:30 - 09:00 PARTNERARBEIT**  
**BODEN ODER STAND UP**  
17:00 - 18:00 **FREIES**  
**TRAINING**  
18:00 - 19:00 **BJJ**  
19:00 - 20:00 **MUAY THAI**  
20:00 - 21:30 **WRESTLING**

## Mittwoch

16:00 - 17:00 **Kindertraining**  
17:00 - 18:30 **MUAY THAI**  
18:30 - 20:00 **BJJ**  
20:00 - 21:30 **MMA**  
**"SPARRING"**

## Donnerstag

**07:30 - 09:00 PARTNERARBEIT**  
**BODEN ODER STAND UP**  
17:00 - 18:00 **FREIES**  
**TRAINING**  
18:00 - 19:00 **MUAY THAI**  
19:00 - 20:00 **BJJ**  
20:00 - 21:30 **WRESTLING**

## Freitag

17:00 - 18:30 **MUAY THAI**  
18:30 - 20:00 **BJJ**  
20:00 - 21:00 **MMA**

## Samstag

10:00 - 11:00 **MMA**  
11:00 - 12:00 **MUAY THAI**  
12:00 - 13:00 **BJJ OPEN MAT**  
**"SPARRING"**



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