

...Hard Work Beats Talent Every Time...

# FIGHT SCHOOL



Zeit	MO	DI	MI	DO	FR	SA
09:00 - 10:00	BJJ (GI)		Kick Thaiboxen			
10:00 - 11:00	Kick Thaiboxen		BJJ (GI)			
11:00 - 12:00					Open Mat/Gym (Absprache)	Open Mat/Gym (Absprache)
16:30 - 17:30	Kampfszwerge (5 - 8 J)	BJJ (9 - 13 J)	Kampfszwerge (5 - 8 J)	BJJ (9 - 13 J)	Kampfszwerge (5 - 8 J)	
17:30 - 18:30	Kickboxen (9 - 13 J)	18:00 - 19:00 Kick/Thaiboxen	Kickboxen (9 - 13 J)	18:00 - 19:00 Kick/Thaiboxen	18:00 - 19:00 BJJ (GI)	
19:00 - 20:00	Kick Thaiboxen	BJJ (GI)	Kick Thaiboxen	BJJ (NO GI)	Kick Thaiboxen	
20:00 - 21:00	MMA Grappling	BJJ (GI)	MMA Grappling	BJJ (NO GI)		

