

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag												
Kikibo (5-9 Jahre) 16:30-17:30	Jugend MMA 16:30-17:30	Kikibo (5-9 Jahre) 16:30-17:30	Jugend Luta Livre 16:30-17:30	Jugend MMA 16:30-17:30	Kikibo (5-9 Jahre) 10:30-11:30												
K1/Kickboxen 18:00-19:30	K1/Kickboxen 18:00-19:30	Kickboxen Frauen 18:00-19:00	K1/Kickboxen 18:00-19:30	Boxen 18:30-20:00	K1/Kickboxen 10:30-12:00												
Brazilian Jiu-Jitsu (BJJ) 18:00-19:30	MMA 19:30-20:45	Brazilian Jiu-Jitsu (BJJ) 18:00-19:30	MMA 19:30-20:45	Ringens 20:00-21:00	MMA 12:00-13:15												
Boxen 19:30-21:00		NoGi Grappling 19:30-21:00															
NoGi Grappling 19:30-21:00		Boxen 18:30-20:00	<table border="1"> <tr> <td>Area 1</td> <td>MMA</td> <td>MMA Kinder</td> <td>Kikibo</td> </tr> <tr> <td>Area 2</td> <td>Luta Livre</td> <td>Fighter Athletic</td> <td>Ringens</td> </tr> <tr> <td>Area 3</td> <td>K1/Kickboxen</td> <td>Boxen</td> <td>Kickboxen</td> </tr> </table>			Area 1	MMA	MMA Kinder	Kikibo	Area 2	Luta Livre	Fighter Athletic	Ringens	Area 3	K1/Kickboxen	Boxen	Kickboxen
Area 1	MMA	MMA Kinder	Kikibo														
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