	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7:00	**BJJ/Grappling** 7:00-08:00	**BJJ/Grappling** 7:00-08:00		**BJJ/Grappling** 7:00-08:00			
10:00	**Grappling** 10:00-11:00		**BJJ** 10:00-11:00		**BJJ** 10:00-11:00		
11:00						**BJJ** 11:00-12:00	**BJJ** 11:00-12:00
12:00						**Judo/MMA** 12:00-13:00	**Grappling** 12:00-13:00
15:00	**Minis** **3-6 Jahre** 15:10–15:45	**Minis** **3-6 Jahre** 15:10–15:45	**Minis** **3-6 Jahre** 15:10–15:45	**Minis** **3-6 Jahre** 15:10–15:45	**Minis** **3-6 Jahre** 15:10–15:45		
16:00	**Minis** **3-6 Jahre** 16:00-16:35	**Minis** **3-6 Jahre** 16:00-16:35	**Minis** **3-6 Jahre** 16:00-16:35	**Minis** **3-6 Jahre** 16:00-16:35	**Minis** **3-6 Jahre** 16:00-16:35		
17:00	**Kids** **7-13 Jahre** 16:45-17:45	**Kids** **7-13 Jahre** 16:45-17:45	**Kids** **7-13 Jahre** 16:45-17:45	**Kids** **7-13 Jahre** 16:45-17:45	**Kids** **7-13 Jahre** 16:45-17:45		
18:00	**BJJ Basics** 18:00-19:00	**Grappling** 18:00-19:00	**Grappling** 18:00-19:00	**Grappling Basics** 18:00-19:00	**Drill your Game** 18:00-19:00		
19:00	**BJJ Intermediate** 19:00-20:00	**BJJ Intermediate** 19:00-20:00	**BJJ Intermediate** 19:00-20:00	**BJJ Basics** 19:00-20:00	**Grappling** 19:00-20:00		
20:00	**BJJ Competition** 20:00-21:00	**BJJ Competition** 20:00-21:00	**BJJ Competition** 20:00-21:00	**BJJ Competition** 20:00-21:00	**BJJ Competition** 20:00-21:00		