

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
11.00-14.00						Open Mat
17.00-18.00		Kinder Jujitsu		Kinder Jujitsu		
18.30-20.00	Muay Thai Boxen Technik	Gracie Jujitsu Sparring	Bas Rutten MMA Technik	Grappling Sparring	Muay Thai Boxen Technik	
20.00-21.30	Bas Rutten MMA Sparring	Grappling Technik	Muay Thai Sparring	Gracie Jujitsu Technik		