

KURSPLAN

MO	DI	MI	DO	FR	SA	SO
11:30 - 13:00 NO-GI JIU JITSU HALLE 1	11:30 - 13:00 NO-GI JIU JITSU HALLE 1	11:30 - 13:00 NO-GI JIU JITSU HALLE 1	11:30 - 13:00 NO-GI JIU JITSU HALLE 1	10:30 - 12:00 NO-GI JIU JITSU HALLE 1	11:00 - 12:30 PRO MMA SPARRING Nur für eingeladene Athleten (For invited athletes)	11:00 - 12:30 OPEN MAT
16:00-17:00 KIDS BRAZILIAN JIU JITSU HALLE 1	16:00-17:00 KIDS KICKBOXING HALLE 2	16:00-17:00 KIDS BRAZILIAN JIU JITSU HALLE 1	16:00-17:00 KIDS KICKBOXING HALLE 2	16:00-17:00 KIDS BRAZILIAN JIU JITSU HALLE 1	13:30 - 15:00 TEENS MMA HALLE 1	12:00 - 13:30 RINGEN HALLE 2
17:00 - 18:15 TEENS BRAZILIAN JIU JITSU HALLE 1		17:00 - 18:15 TEENS BRAZILIAN JIU JITSU HALLE 1		17:00 - 18:15 TEENS BRAZILIAN JIU JITSU HALLE 1	Öffnungszeiten Montag - Donnerstag 09:00 Uhr - 22:00 Uhr Freitag 09:00 Uhr - 14:30 Uhr 15:30 Uhr - 22:00 Uhr Samstag - Sonntag 10:00 Uhr - 16:00 Uhr	
17:00 - 18:30 LADIES KICKBOXING HALLE 2	17:00 - 18:15 TEENS KICKBOXING HALLE 2	16:45- 18:00 LADIES KICKBOXING HALLE 2	17:00 - 18:15 TEENS KICKBOXING HALLE 2	17:00 - 18:15 LADIES KICKBOXING HALLE 2		
18:30 - 20:00 NO-GI JIU JITSU HALLE 1	17:45 - 19:15 NO-GI JIU JITSU HALLE 1	18:15 - 19:30 NO-GI JIU JITSU HALLE 1	17:45 - 19:15 NO-GI JIU JITSU HALLE 1	18:15 - 19:30 MMA STRIKING / THAI-KICKBOXING HALLE 2		
19:00 - 20:30 THAI-KICKBOXING HALLE 2	19:00 - 20:30 THAI-KICKBOXING HALLE 2	18:15 - 19:30 THAI-KICKBOXING HALLE 2	19:00 - 20:30 THAI-KICKBOXING HALLE 2	18:30 - 20:00 BRAZILIAN JIU JITSU HALLE 1		
	19:15 - 20:45 RINGEN HALLE 1	19:30 - 21:00 BOXING HALLE 2	19:15- 20:45 RINGEN HALLE 1	19:30 - 21:00 BOXING HALLE 2		
20:00 - 21:30 MMA HALLE 1		19:30 - 21:00 MMA HALLE 1			 Flörsheimer Str. 3 65479 Raunheim Telefon: 06142 177 37 35 E-Mail: mail@progress-mma.de	