



# WÖCHENTLICHER KURSPLAN

STAND 01.01.2026

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
11:00						BJJ 11:00 – 12:30 Stefan
16:00	Arte Kids * 16:30 – 17:30 Steffen & Basti				FightersAthletics 16:00 – 17:00 Markus	
17:00	Arte Teens ** 17:35 – 18:45 Steffen & Basti	K1 Grundlagen 17:45 – 19:15 Alex		Muay Thai - Basics 17:00 – 18:15 Joni	Women's BJJ *** 17:30 – 19:00 Chrissi	
18:00			Ringen 18:00 – 18:30 Stefan	NoGi Grappling Adv. 18:30 – 20:00 Adrian		
18:30			NoGi Grappling 18:30 – 19:30 Stefan			
19:00	NoGi Grappling Basics 19:00 – 20:00 Julian	BJJ 19:30 – 21:00 McGee			BJJ 19:00 – 20:30 Heiko	

## DISZIPLINEN

- K1
- BJJ
- Muay Thai
- NoGi Grappling
- Women's BJJ
- FightersAthletics
- Ringen
- Arte Kids / Teens

\* Altersklasse 6 – 10 Jahre

\*\* Altersklasse 11 – 16 Jahre

\*\*\* Women / FLINTA\* only