


MO		DI		MI		DO		FR		SA		SO		
				Grappling Concept Group 7:00 - 8:00										
		Kick- Thalboxen 8:00 - 9:00	Open Mat			LutaLivre 8:00 - 9:00	Open Mat							
NEU // Striking Fundamentals 9:00 - 10:00	Open Mat	LutaLivre 9:00 - 10:00				Kick- Thalboxen 9:00 - 10:00				NEU // Striking Fundamentals 9:00 - 10:00	Open Mat			
NEU // BJJ Fundamentals 10:00 - 11:00								NEU // BJJ Fundamentals 10:00 - 11:00						
										Boxen 11:30 - 12:30	BJJ Fundamentals 11:30 - 12:30	Grappling Concept Group Advanced 11:00 - 12:30		
										Open Mat				
												LutaLivre 13:00 - 14:30		
Kettlebell Basics 17:30 - 18:30	Open Mat	Striking Fundamentals 17:00 - 18:00							MMA 17:30 - 18:30	Ladies Fighting 17:00 - 18:00				
BJJ 18:30 - 19:30		Mobility & Strength 18:00 - 19:00	Kick- Thalboxen 18:00 - 19:00	Ladies Fighting 18:00 - 19:00	MMA 18:00 - 19:00	Kick- Thalboxen 18:00 - 19:00	Mobility & Strength 18:00 - 19:00	LutaLivre 18:30 - 19:30	Kettlebell Mixed 18:00 - 19:00					
Sparring Gi & NoG 19:30 - 20:30	Kick- Thalboxen 19:00 - 20:00	LutaLivre 19:00 - 20:00	Sparring Kick-Thal- Boxen 19:00 - 20:00	Open Mat	Wrestling 19:00 - 20:00	BJJ 19:00 - 20:00	Open Mat							
	MMA 20:00 - 21:00	Gi & NoGi Sparring 20:00 - 21:00	Open Mat	Kick-Thalboxen 20:00 - 21:00		Open Mat	Kettlebell Advanced 20:00 - 21:00							