SPORTAKADEMIE PRANG

Home of the Wolfpack

KURSPLAN

Januar 2022

MO	DI	MI	DO	FR	SA	SO
		Grappling Concept Group 7:00 - 8:30				
Kick-Thaiboxen 9:00 - 10:00	Oxygen Advantage 9:00 - 10:00		Kick-Thaiboxen 9:00 - 10:00	Oxygen Advantage 9:00 - 10:00		
BJJ Fundamentals 10:00 - 11:00	LutaLivre 10:00 - 11:00		LutaLivre 10:00 - 11:00	BJJ Fundamentals 10:00 - 11:00	BJJ Drills 10:00 - 11:00	Boxen 10:00 - 11:00
Open Mat	Open Mat		Open Mat	Open Mat	Kick-Thaiboxen 11:00 - 12:00	Open Mat
						Grappling Concept Group Advanced 11:00 - 12:30
						LutaLivre 13:00 - 14:30
Kettlebell Basics 17:30 - 18:30	Kick-Thaiboxen 18:00 - 19:30	Wrestling Drills 18:00 - 19:00	Kick-Thaiboxen 18:00 - 19:30	MMA 17:30 - 18:30		
BJJ 18:30-20:00	LutaLivre 19:30 - 21:00	MMA Drills 19:00 - 20:00	BJJ 18:30 - 20:00	LutaLivre 18:30 - 19:30		
Open Mat	Strength & Conditioning 19:00 - 20:00	Open Mat	Open Mat	Kettlebell Mixed 18:00 - 19:00		
Kick-Thaiboxen 19:00 - 20:30		Grappling Comp. Class	Kettlebell Mixed 20:00 - 21:00			
		Blocked				
		Open Mat				