


MO	DI	MI	DO	FR	SA	SO
		LutaLivre 7:00 - 8:00				
	Kick-Thalboxen 8:30 - 9:30	Open Mat		BJJ 8:30 - 9:30		
	LutaLivre 9:30 - 10:30		Kick-Thalboxen 9:30 - 10:30		MMA Basics 10:00 - 11:00	Boxen Basics 10:00 - 11:00
					Kick-Thalboxen 11:00 - 12:00	Open Mat
					MMA Advanced 12:00 - 13:00	Grappling Concept Group 11:00 - 12:30
						LutaLivre 13:00 - 14:30
				MMA Advanced 16:30 - 17:30		
MMA Advanced 17:00 - 18:00		MMA Advanced 17:00 - 18:00		Kick-Thalboxen Advanced 17:30-18:30		
BJJ 18:00-19:30	Kettlebell Basics 18:00 - 19:00	Kick-Thalboxen Advanced 18:00 - 19:30	Wrestling Drills 18:00 - 19:00	BJJ 18:00-19:30	Kettlebell Mixed 18:00 - 19:00	
			MMA Basics 19:00 - 20:00	LutaLivre 18:30 - 19:30		
Kick-Thalboxen 19:30 - 21:00	LutaLivre 19:30 - 21:00		Grappling Sparring 19:00 - 20:00			
		Booked	Booked	Kick-Thalboxen Basics 19:300 - 21:00		
						Kettlebell Mixed 20:00 - 21:00