

Velbert							
Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Samstag
14:00			Minis K1		300 K1	10:00 Minis Boxen	12:00-14:00
15:00	Minis Mix	300 BJJ	300 K1	Minis BJJ	300 K1	11:00 Minis Boxen	NEG Ringen
16:00	300 K1	Minis BJJ	300 K1	300 BJJ	Minis K1	12:00 300 Boxen	
17:00	Kids K1	Kids BJJ	Kids Ringen	Kids BJJ	Kids K1	13:00 300 Boxen	
18:00	K1	MMA	Ringen	BJJ	Kids K1*	14:00 Kids MMA	
19:00	K1	BJJ	KM	K1	MMA	15:00-16:00 Sparring	
20:00	KM	Boxen*	KM	K1			

K1= Kickboxen, BJJ= Brazilian Jiu Jitsu, KM= Krav Maga, K1 Advanced only= Fortgeschrittene

Kettwig						
Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
14:00			300 Mix		300 BJJ	12:00 Kids Ringen
15:00	Minis K1	300 BJJ	300 Mix	Minis K1	Minis BJJ	
16:00	300 K1	Minis BJJ	Minis Mix	300 K1	300 BJJ	
17:00	Kids K1	Kids BJJ	Kids Mix	Kids K1	Kids BJJ	
18:00	Grappling	K1	MMA	K1*	Boxen	
19:15	MMA	KM	BJJ	K1 Advanced only*	KM	

