

ALL-IN MMA Stundenplan ab 01.03.2022

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sam stag		Sonntag	
	Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2
9.30 - 11.00					open gym	wrestling basics								
11.00 - 12.30	open gym	wrestling	open gym	nogi basics	open gym	nogi advanced	open gym	nogi basics	open gym	nogi basics	boxing	mma PRO	open gym	mma PRO
12.30 - 14.00											nogi basics	nogi advanced		Strength & Conditioning
14.30 - 16.00														
16.00 - 17.30									wrestling					
17.30 - 19.00	wrestling basics	nogi basics	boxing basics	nogi advanced		nogi basics		wrestling basics	boxing basics	nogi basics	17h - 19h Mobility, Strength & Conditioning			muay thai basics
19.00 - 20.30	boxing	mma Pro	muay thai basics	nogi basics	boxing	mma Pro	muay thai advanced / MMA	nogi advanced	open sparring	open mat				muay thai advanced / MMA
20.30 - 22.00			muay thai advanced			wrestling basics	muay thai basics	wrestling						