

MONSTER ACADEMY – WOCHENSTUNDENPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Youth MMA 17:00–18:00	Kids Club 4–5 J. 15:00–15:45	Kids Club 4–5 J. 15:00–15:45	Kids Club 4–5 J. 15:00–15:45	Kids Club 4–5 J. 15:00–15:45	Sparring 10:00–11:00	Seminare nach Ankündigung
MMA 18:00–19:00	Kids Club 6–8 J. 16:00–16:55	Kids Club 6–8 J. 16:00–16:55	Kids Club 6–8 J. 16:00–16:55	Kids Club 6–8 J. 16:00–16:55	Open Mat 11:00–13:00	
Fitnessboxen 19:00–20:00	Kids Club 9–12 J. 17:00–17:55	Kids Club 9–12 J. 17:00–17:55	Kids Club 9–12 J. 17:00–17:55	Kids Club 9–12 J. 17:00–17:55		
Muay Thai 20:15–21:15	Youth MMA 18:00–19:00	Youth MMA 18:00–19:00	Youth MMA 18:00–19:00	MMA 18:00–19:00		
	Boxen 19:00–20:00	MMA 19:00–20:00	Boxen 19:00–20:00	Grappling 19:15–20:15		
	Grappling 20:15–21:15	Muay Thai 20:15–21:15		Muay Boran 20:15–21:15		