

Kursplan Spitzke Gym ab 19.05.2025

MONTAG				DIENSTAG				MITTWOCH				DONNERSTAG				FREITAG				SAMSTAG				SONNTAG			
Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4	Matte 1	Matte 2	Matte 3	Matte 4
		Boxing All Level 09:00-10:00 (Auf equipment)	MMA Basics Grappling 09:00-10:00																								
No Gi All Level 10:00-11:30		Thickening All Level 10:00-11:30		No Gi All Level 09:30-11:00	Ringen All Level 10:15-11:45	Boxing All Level 10:00-11:30	MMA Competition 10:00-11:30	No Gi All Level 10:00-11:30	Ringen All Level 10:15-11:45	Kickboxing All Level 10:15-11:45	MMA Competition 10:00-11:30	No Gi All Level 10:00-11:30	Ringen All Level 10:15-11:45	Thickening All Level 10:15-11:45	MMA Competition 10:00-11:30	BJJ All Level 10:00-11:30		Thickening All Level 10:00-11:30	MMA Competition 10:00-11:30	BJJ / No Gi All Level 10:30-12:00 (Auf Matte 1 und 6)		Thickening All Level 10:30-12:00	MMA Competition 10:30-12:00				
BJJ All Level 11:30-13:00				BJJ All Level 11:00-12:30		Kickboxing All Level 11:30-12:00		BJJ All Level 11:30-13:00				BJJ All Level 11:00-12:30															
Ringen Kids 16:00-17:30	Ringen Jugendliche 16:00-17:30	MMA Striking Jugendliche 16:15-17:15	Boxing Basics 16:00-17:30	No Gi & No Gi JJ & No Gi 16:30-17:30				BJJ / No Gi Tasmanen 16:30-17:30	Ringen Kids 16:00-17:30	Boxing Kids 16:00-17:30	MMA Basics Grappling 16:00-17:30	BJJ & No Gi JJ & No Gi 16:30-17:30	Ringen Jugendliche 16:00-17:30	Boxing Jugendliche 16:00-17:30	MMA Basics Grappling 16:00-17:30	BJJ & No Gi JJ & No Gi 16:30-17:30	Ringen Jugendliche 16:00-17:30	Boxing Jugendliche 16:00-17:30	MMA Basics Grappling 16:00-17:30								
BJJ Advanced 18:00-19:30	BJJ Advanced 17:30-19:00	Boxing Competition 18:00-19:30		BJJ Advanced 18:00-19:30	BJJ Advanced 17:30-19:00	Boxing Competition 18:00-19:30		BJJ Advanced 18:00-19:30	BJJ Advanced 17:30-19:00	Boxing Competition 18:00-19:30		BJJ Advanced 18:00-19:30	BJJ Advanced 17:30-19:00	Boxing Competition 18:00-19:30		BJJ Advanced 18:00-19:30	BJJ Advanced 17:30-19:00	Boxing Competition 18:00-19:30									
Fundamentals 18:00-19:30				Fundamentals 18:00-19:30				Fundamentals 18:00-19:30				Fundamentals 18:00-19:30				Fundamentals 18:00-19:30											
No Gi Advanced 19:30-21:00	No Gi Advanced 19:15-21:00	Boxing Basics 19:30-21:00		No Gi Advanced 19:30-21:00	No Gi Advanced 19:15-21:00	Boxing Basics 19:30-21:00		No Gi Advanced 19:30-21:00	No Gi Advanced 19:15-21:00	Boxing Basics 19:30-21:00		No Gi Advanced 19:30-21:00	No Gi Advanced 19:15-21:00	Boxing Basics 19:30-21:00		No Gi Advanced 19:30-21:00	No Gi Advanced 19:15-21:00	Boxing Basics 19:30-21:00									

Kids 6-10 Jahre
Jugendliche 11-15 Jahre