



MUAY THAI

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00							
09:30	09:00 - 10:30	09:00 - 10:30	09:00 - 10:30	09:00 - 10:30	09:00 - 10:30		
10:00	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS		
10:30							
11:00							
11:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30		
12:00	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT		
12:30							
16:00	16:00 - 17:00	16:00 - 17:30	16:00 - 17:30	16:00 - 17:00	16:00 - 17:00		
16:30	BEGINNERS/YOUTH	FLINTA	KRAV MAGA	BEGINNERS/YOUTH	BEGINNERS/YOUTH		16:00 - 18:00
17:00							OPEN MAT
17:30	17:00 - 18:30			17:00 - 18:30	17:00 - 18:30		
18:00	BASICS	17:30 - 19:00	17:30 - 19:00	BASICS	ALL LEVELS		
18:30		BASICS	ALL LEVELS				18:00 - 20:00
19:00	18:30 - 20:30			18:30 - 20:30	18:30 - 20:30		KRAV MAGA
19:30	ADVANCED	19:00 - 20:30	19:00 - 20:30	ADVANCED	SPARRING		
20:00		ADVANCED	BEGINNERS				
20:30							
21:00	20:30 - 22:00	20:30 - 22:00	20:30 - 22:00	20:30 - 22:00	20:30 - 22:00		
21:30	FLINTA	BASICS	FLINTA	DBMA	OPEN MAT		
22:00							

BEGINNERS: GREENHORNS, NO MUAY THAI SKILLS **BASICS:** FUNDAMENTAL SKILLS ARE NECESSARY **ADVANCED:** HIGH-LEVEL TECHNIQUES, DRILLS & SPARRING