

5 ROUNDS MANNHEIM

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

13:00

SPARRING

13:00-15:00

16:00

MMA KIDS (3-7)

16:00-17:00

17:00

MMA YOUNGS (8-13)

17:00-18:00

BOXEN/K1
BASICS

17:00-18:00

18:00

GRAPPLING

18:00-19:30

MMA
CAGEWORK/STANDUP

18:00-19:00

GRAPPLING

18:00-19:30

BOXEN

18:00-19:30

K1

18:00-19:30

19:00

MMA

19:30-20:30

BOXEN

19:00-20:00

MMA

19:30-20:30

K1

19:30-21:00

BOXEN

19:30-21:00

20:00

21:00

K1

20:00-21:00