

LA ONDA

SPORTAKADEMIE

Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
	Area 1	Area 2		Area 1	Area 2		Area 1	Area 2		Area 1	Area 2		Area 1	Area 2
16 ³⁰	Kickboxing Basic Ü17	MMA Teens 12-16 J.	9 ³⁰	Freies Training Ü17		16 ³⁰	Kickboxing Basic Ü17	MMA Teens 12-16 J.	9 ³⁰	Freies Training Ü17				
17 ³⁰	Kickboxing Performance Ü17	MMA Basic Ü17	16 ⁰⁰	Kickboxing Kids 6-8 J.		17 ³⁰	Kickboxing Performance Ü17	MMA Basic Ü17	16 ⁰⁰	Kickboxing Kids 6-8 J.		16 ⁰⁰	Kickboxing Basic Ü17	
18 ³⁰	Kickboxing Competition Ü17		17 ⁰⁰	Kickboxing Kids 9-11 J.	Spaß & Bewegung 3-5 J.	18 ³⁰	Kickboxing Competition Ü17		17 ⁰⁰	Kickboxing Kids 9-11 J.	Spaß & Bewegung 3-5 J.	17 ⁰⁰	Kickboxing Sparring Performance Ü17	Kickboxing Sparring Basic Ü17
19 ³⁰	Wrestling MMA Ü17		18 ⁰⁰	MMA Performance Ü17	Kickboxing Teens 12-16 J.	19 ³⁰	Grappling MMA Ü17		18 ⁰⁰	MMA Performance Ü17	Kickboxing Teens 12-16 J.	18 ⁰⁰	MMA+ Kickboxing Sparring Competition	
				Functional Training (Area 3)						Functional Training (Area 3)				
			19 ⁰⁰	MMA Competition Ü17					19 ⁰⁰	MMA Competition Ü17				

Samstag		
	Area 1	Area 2
19 ³⁰	Open Mat MMA Grappling	