

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	16.00 - 17.00 Tigerclub	15.30 - 16.30 Tigerclub	16.00 - 17.00 Tigerclub		16.00 - 18.00 R.S.F. Combatives Special
18.00 - 19.00 R.S.F. Youth Protect	17.15 - 18.15 Tigerclub	17.00 - 18.15 R.S.F. Youth Protect	17.15 - 18.15 Tigerclub	17.00 - 18.30 MMA	
19.30 - 21.00 R.S.F. Combatives Advanced	18.30 - 20.00 R.S.F. Ladies Club	19.00 - 20.30 R.S.F. Traditionell	19.30 - 21.00 R.S.F. Combatives Basic		