

**Monthly Schedule/Monatsplan**

<b>Month/Monat</b>	Mrz 25		
<b>Gi/No Gi</b>	No Gi	<b>Gi:</b> Jan, Feb, Apr, Mai, Sep, Okt, Dez	No Gi: Mar, Jun, Jul, Aug, Nov
<b>Focus/Fokus Adv.</b>	Leg locks		

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
03.03.2025	Monday/Montag	Fundamentals	16	Victor	
04.03.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani	System: Back mount
05.03.2025	Wednesday/Mittwoch	Fundamentals	24	Philip H.	
06.03.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	System: Back mount
07.03.2025	Friday/Freitag	---	---	No class	
08.03.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	30	Donal/Victor	
		Fundamentals	7	Philipp L.	
<b>Weekend</b>					
10.03.2025	Monday/Montag	Fundamentals	17	Philipp L.	
11.03.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani	System: Back mount
12.03.2025	Wednesday/Mittwoch	Fundamentals	25	Dani	
13.03.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	System: Back mount
14.03.2025	Friday/Freitag	---	---	No class	
15.03.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	31	Victor	
		Fundamentals	8	Philip H.	
<b>Weekend</b>					
17.03.2025	Monday/Montag	Fundamentals	18	Philipp L.	
18.03.2025	Tuesday/Dienstag	Advanced - Program 2	---	Philip H.	System: Back mount - drilling/sparring
19.03.2025	Wednesday/Mittwoch	Fundamentals	1	Victor	
20.03.2025	Thursday/Donnerstag	Advanced - Program 2	---	Marco	Open mat
21.03.2025	Friday/Freitag	---	---	No class	
22.03.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	32	Victor	
		Fundamentals	9	Victor	
<b>Weekend</b>					
24.03.2025	Monday/Montag	Fundamentals	19	Philip H.	
25.03.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani	Leg lock intro - set ups
26.03.2025	Wednesday/Mittwoch	Fundamentals	2	Donal	
27.03.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	Leg lock intro - escapes
28.03.2025	Friday/Freitag	---	---	No class	
29.03.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	29	Donal/Dani	
		Fundamentals	10	Dani	Instructor Meeting
<b>Weekend</b>					
31.03.2025	Monday/Montag	Fundamentals	20	Philip H.	
01.04.2025	Tuesday/Dienstag	Advanced - Program 2	41	Victor	Straight foot lock - butterfly guard - slice 1
02.04.2025	Wednesday/Mittwoch	Fundamentals	3	Dani	
03.04.2025	Thursday/Donnerstag	Advanced - Program 2	41	Marco	Straight foot lock - butterfly guard - slice 1
04.04.2025	Friday/Freitag	---	---	No class	
05.04.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	30	Victor/Dani	
		Fundamentals	11	Philipp L.	