

Monthly Schedule/Monatsplan

Month/Monat	March 2023		
Gi/No Gi	No Gi	Gi: Jan, Feb, Apr, May, Sep, Oct, Dec	No Gi: Mar, Jun, Jul, Aug, Nov
Focus/Fokus Adv.	Side mount submission defense		

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
27.02.2023	Monday/Montag	Fundamentals	9	Dani	
28.02.2023	Tuesday/Dienstag	Advanced - Program 2	16	Leuvon	Wrestling/Take Downs
01.03.2023	Wednesday/Mittwoch	Fundamentals	21	Pascal	
02.03.2023	Thursday/Donnerstag	Advanced - Program 2	16	Dani	
03.03.2023	Friday/Freitag	---	---	No class	
04.03.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	37	Victor/Philip	
		Fundamentals	9/21	Philip	
Weekend					
06.03.2023	Monday/Montag	Fundamentals	10	Pascal	
07.03.2023	Tuesday/Dienstag	Advanced - Program 2	16	Dani	
08.03.2023	Wednesday/Mittwoch	Fundamentals	22	Dani	
09.03.2023	Thursday/Donnerstag	Advanced - Program 2	16	Dani	
10.03.2023	Friday/Freitag	---	---	No class	
11.03.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	38	Victor	
		Fundamentals	10/22	Victor	
Weekend					
13.03.2023	Monday/Montag	Fundamentals	11	Marcel	
14.03.2023	Tuesday/Dienstag	Advanced - Program 2	-	Dani	Principles: 11. Kuzushi
15.03.2023	Wednesday/Mittwoch	Fundamentals	23	Pascal	
16.03.2023	Thursday/Donnerstag	Advanced - Program 2	-	Dani	Open Mat/Sparring (open to all levels)
17.03.2023	Friday/Freitag	---	---	No class	
18.03.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	39	Victor	
		Fundamentals	11/23	Leuvon	Wrestling/Take Downs: Whizzer / Overhook
Weekend					
20.03.2023	Monday/Montag	Fundamentals	12	Marcel	
21.03.2023	Tuesday/Dienstag	Advanced - Program 2	17	Marco	With gi (gi choke defense)
22.03.2023	Wednesday/Mittwoch	Fundamentals	1	Philip	
23.03.2023	Thursday/Donnerstag	Advanced - Program 2	17	Victor	With gi (gi choke defense)
24.03.2023	Friday/Freitag	---	---	No class	
25.03.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	40	Philip/(Dani/Victor)	
		Fundamentals	12/1	Philip	
Weekend					
27.03.2023	Monday/Montag	Fundamentals	13	Dani	
28.03.2023	Tuesday/Dienstag	Advanced - Program 2	17	Dani	With gi (gi choke defense)
29.03.2023	Wednesday/Mittwoch	Fundamentals	2	Pascal	
30.03.2023	Thursday/Donnerstag	Advanced - Program 2	17	Dani	With gi (gi choke defense)
31.03.2023	Friday/Freitag	---	---	No class	
01.04.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	1	Dani/Philip	
		Fundamentals	13/2	Philip	